

Women's health check-up checklist

Check-ups, screenings and treatments may differ based on your health status and risk factors. Check with your Adena primary care provider to discuss which will benefit you.

Common check-ups and screenings	Time frame	19-39	40-49	50+
Physical - Thorough check of overall health and well-being.	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
Blood pressure - High blood pressure has no symptoms but can cause damage to organs.	Every year	✓	✓	✓
Blood & urine tests - Screen for cholesterol, diabetes, kidney and thyroid problems.	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
EKG - Checks heart rhythm	Baseline age 30	✓		
	Every 4 years		✓	
	Every 3 years			✓
Preventative care exams - Dental hearing and vision	Every 6 months	✓	✓	✓
	Every year	✓	✓	✓
Bone health - Osteoporosis screening	For age 65+			✓
Sexually transmitted diseases (STDs)	Discuss with your Adena provider	✓	✓	✓
Oral health & cancer - Mouth and throat exam	Every year	✓	✓	✓
Self exams - Breast and skin	Every month discuss findings with your Adena provider	✓	✓	✓
Breast health & cancer - Clinical breast exam by a provider	Every year	✓	✓	✓
Screening mammogram			✓	✓
Reproductive health & cervical cancer Gynecological pelvic exam/pap smear	Beginning at age 21. Every 1-3 years after 3 normal tests	✓	✓	✓
Colon & rectal health & cancer - Screening colonoscopy exam to prevent cancer.	Beginning at age 50. Every 10 years based on results			✓
Lung health & cancer - Chest CT	For current or former smoker between ages 55-77			✓

To find an Adena provider, call 740-779-FIND (3463)

