CITYFIT
WELLNESS AT WORK

Prevention 101

The Power of Prevention for Women of All Ages

Calling all women: Are you ready to take the important steps to a longer, healthier life?

Managing family, home and career can take a toll on a woman's well-being. Women often put others' needs ahead of their own, leaving little time to focus on their personal health. YOU ARE WORTH taking 15 minutes and making that important call today to schedule your preventive physical examination and follow the path to good health. You owe it to yourself and to your family and friends who care about you.

You need to be especially aware of your body and its changes to know your personal "normal." When you visit your health care provider, share your history, speak up, voice your concerns and always ask questions. If you are confused about recommended screenings, discuss them openly with your health care provider.

You have the power to practice prevention and live your life in a healthy, positive way…no matter what your age or state of health. Make the commitment to take care of yourself and share this valuable information with other women in your life of all ages.

Prevention is the solution to better health, and the first step in prevention is protecting your health by getting your recommended exams and screenings. Follow the **At-A-Glance** guide below for an overview of your recommendations at every age.

At-A-Glance Recommended Exams and Screenings for Women

Screenings and Exams	Ages 19-39	Ages 40-49	Ages 50-64	Ages 65 and older
General Health				
Physical Exam	Every 1-2 years	Every 1-2 years	Annually	Annually
Heart Health				
Weight/Height/BMI	Every 1-2 years	Every 1-2 years	Annually	Annually
Blood Pressure	Every 1-2 years	Every 1-2 years	Annually	Annually
Lipid Screening	Every five years beginning at age 20. More frequent testing for those at risk for cardiovascular disease.			
Reproductive Health				
Pelvic Exam	Annually	Annually	Annually	Annually
Pap Test	Every 1 to 3 years based on history, beginning approximately 3 years after initiation of sexual intercourse or at age 21			Based on risk factors
Chlamydia	Sexually active non-pregnant young women aged 24 and younger and for older non-pregnant women who are at risk.			
HIV/Sexually Transmitted Diseases Screening (gonorrhea, syphilis, herpes)	Based on risk factors			
Clinical Breast Exam by Health Care Provider	Annually	Annually	Annually	Annually
Mammography	Based on risk factors	Every 1-2 years for women age 40 and older		
BRCA Assessment/ BRCA Mutation (Testing for breast and ovarian cancer susceptibility)	One time genetic assessment for breast and ovarian cancer susceptibility as recommended by your health care provider. Annual breast MRI if BRCA positive or immediate family of BRCA carrier but untested.			
Immunizations				
HPV Vaccine (Human papillomavirus)	Ages 9-26 One time 3-dose series	Not applicable		
Flu Shot	Annually	Annually	Annually	Annually
Other	Speak with your health care provider about other immunizations that may be recommended for you.			
Mental Health				
Depression Screening	Annually	Annually	Annually	Annually
Diabetes Screening				
Blood Glucose (Sugar)	Based on risk factors	High-risk patients should be considered by their physician beginning at age 45 at 3-year intervals		
Colorectal Health				
Colorectal Cancer Screening	Based on risk factors	Based on risk factors	Every 1-10 yr based on screening	Based on risk factors
Bone Health				
Bone Mineral Density	Based on risk factors	Based on risk factors	Based on risk factors	Every 2 years
Vision Care				
Eye Exam	Once between the ages of 20-29, twice between the ages of 30-39	Baseline at age 40, then every 2-4 years	Every 2-4 years	Every 1-2 years
Oral Health				
Dental Exam	Professional cleaning and dental exam is recommended every 6 months			