



HER HEALTH CAN'T WAIT

The Checkup Guide

Appointments go fast. Use this to walk in ready, ask what matters, and leave knowing what comes next.

Sources: AHRQ, National Institute on Aging, CDC. Full list below.



BEFORE YOU GO:

☐ Write down your top three questions, most important first

☐ List every medication, vitamin, and supplement you take, with doses

☐ Ask your family what runs in it, like heart disease, diabetes, stroke, and cancer, and at what age

☐ Note the dates of your last mammogram, Pap or HPV test, and other screenings

☐ Jot down any symptoms: when they started, how often, and what makes them better or worse

☐ Bring someone with you if you'd like another set of ears



THE FIVE THINGS TO BRING UP

01.

Heart and body

Blood pressure, cholesterol, blood sugar, and weight shape your risk for heart disease, stroke, and diabetes. High blood pressure often has no symptoms, which is why it's checked at routine visits.

- ASK:**
- What are my blood pressure numbers, and what should they be?
 - Should I be screened for high cholesterol or diabetes?
 - Does my family history change what I need?

- BRING:**
- Your family health history, and any home blood pressure readings.

Sources: USPSTF, hypertension screening in adults; CDC, family health history.

02.

Hormones and cycles

Periods, fertility, birth control, perimenopause, and menopause all change over time. Changes in your cycle, sleep, or mood are worth mentioning, even if they seem small.

- ASK:**
- Is what I'm experiencing typical for my stage of life?
 - What are my options for managing these symptoms?
 - Is my birth control still the right fit?

- BRING:**
- A few weeks of notes on your cycle, hot flashes, or sleep, if you've noticed changes.

03.

Mind and stress

Sleep, mood, anxiety, and burnout affect your whole health. National guidelines recommend screen

- ASK:**
- Could how I'm sleeping or feeling be affecting my health?
 - What support is available if I'm feeling overwhelmed?

- KNOW:**
- If you're in crisis, call or text 988, any time.

Sources: USPSTF, depression and anxiety screening in adults; 988 Suicide & Crisis Lifeline.

04.

Screenings you're due for

Screenings can find problems early, when they're easier to treat. Here's general guidance for women at average risk. Your provider may recommend a different schedule based on your health and family history.

AGE	SCREENING
18 and up	Blood pressure, at routine visits
21 to 65	Cervical cancer screening, every 3 to 5 years depending on the test
40 to 74	Mammogram every 2 years
45 to 75	Colorectal cancer screening
65 and up	Bone density scan (sooner for some women with risk factors)

- ASK:**
- Which screenings am I due for, and when?
 - Does my family history mean I should start earlier?
 - How will I get my results?

Sources: USPSTF recommendations on breast, cervical, and colorectal cancer screening and osteoporosis screening.

05.

Life at home

Food, housing, transportation, childcare, caregiving, and bills all affect your health. If something is making it hard to take care of yourself, it's worth saying out loud.

- ASK:**
- Are there resources that can help with rides, food, or caregiving?
 - Can we find a visit time or format that works with my schedule?

KEEP GOING WITH US

THURSDAY, OCTOBER 29, 6:30 PM CT

Her healthCan't wait *Live*

A free online conversation hosted by Cheryle Jackson, with Dr. Nicole Williams, Pam Bryant, and Dr. Jessica Sprigner. Bring your questions. Prizes for attendees.



Scan to Register

Her healthCan't wait *Community*

Daily conversations, expert videos, and support from women who get it, in the free Heart & Health app.



Scan to Join

Want someone to look at the whole picture?



Request a Her Health First Visit: one unhurried virtual visit with a nurse practitioner, and a care team that follows through.

herhealthcantwait.com

SOURCES

1. U.S. Preventive Services Task Force. Breast Cancer: Screening. [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org)
2. U.S. Preventive Services Task Force. Cervical Cancer: Screening. [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org)
3. U.S. Preventive Services Task Force. Colorectal Cancer: Screening. [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org)
4. U.S. Preventive Services Task Force. Osteoporosis to Prevent Fractures: Screening. [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org)
5. U.S. Preventive Services Task Force. Hypertension in Adults: Screening. [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org)
6. U.S. Preventive Services Task Force. Depression and Suicide Risk in Adults: Screening, and Anxiety Disorders in Adults: Screening. [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org)
7. Centers for Disease Control and Prevention. Family Health History and Adults. [cdc.gov](https://www.cdc.gov)
8. Agency for Healthcare Research and Quality. Questions Are the Answer. [ahrq.gov](https://www.ahrq.gov)
9. National Institute on Aging. How to Prepare for a Doctor's Appointment. [nia.nih.gov](https://www.nia.nih.gov)
10. 988 Suicide & Crisis Lifeline. [988lifeline.org](https://www.988lifeline.org)

This guide is for general education and isn't medical advice. Talk with your provider about what's right for you. If you're having a medical emergency, call 911. If you're in crisis, call or text 988.

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