

WOMEN'S HEALTH JOURNEY



YOU MATTER. YOUR HEALTH MATTERS. YOUR FAMILY NEEDS YOU HERE.



MY HEALTH CHECKLIST

BASIC CHECKS:

- Blood pressure, blood sugar, cholesterol, weight
 - Breast exam
 - Hearing and vision
 - Mental health talk (stress/anxiety/depression)
 - Safe sex/family planning/ STD, HIV, and Hepatitis C testing
 - Safety/domestic violence check
 - Skin check
 - Smoking/drinking talk
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BASED ON MY AGE, I ALSO NEED:

- Bladder leakage talk (if needed)
 - Colon screening (45+, every 10 years)
 - Lung screening (50+ if I smoke/smoked)
 - Mammogram (40+, yearly)
 - Pap/HPV tests
 - Perimenopause / Menopause talk (30s-50s)
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VACCINES. I'M DUE FOR:

- COVID (yearly)
- Flu (yearly)
- HPV (if I haven't had it) (up to 45, one time)
- Pneumonia (50+, one time)
- RSV (50+ if higher risk)
- Shingles (50+, 2 doses)
- Tetanus, diphtheria, and acellular pertussis (Tdap) vaccine (every 10 years)
- Other: _____

This campaign was made possible by Bexar County.

