



WOMEN'S HEALTH JOURNEY

1

TAKE YOUR FIRST STEPS

- Find a health provider.
- Schedule your yearly checkup.
- Bring this guide with you.

2

NO INSURANCE?

- You still have options. For resources visit:



3

THE BASICS



- Check-ups and screenings
- Vaccines
- Mental Health
- Lifestyle

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CHECK-UPS & SCREENINGS



- See your primary care provider and eye doctor every year, your dentist every 6 months, and hearing checks as needed.

- Yes, even when nothing hurts. That's when prevention works best.
- An annual check-up is sometimes called a well-woman exam; it covers everything, including your reproductive health.

Know your numbers:

- Blood pressure, blood sugar, cholesterol, and weight. These numbers tell your story.

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- Take Care of Your Body: Move it. Feed it well. Rest it.
- Wear sunscreen. Stay close to your people and what gives you peace.

6



YOUR WHOLE MENTAL HEALTH

- Feeling stressed, worried, or down? That's not weakness, that's life. Talk to your health provider.
- Depression and anxiety can be treated.

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VACCINES



- Get your yearly COVID and flu shots.
- Every 10 years: Tetanus, Diphtheria, and acellular Pertussis (TdPaP) vaccine
- If you are pregnant, an RSV vaccine may be recommended

IN YOUR 20s & 30s Building your foundation

TALK TO YOUR DOCTOR ABOUT:



Alcohol, smoking, and drug use



Birth control and family planning



Breast cancer screening



Human papillomavirus (HPV) vaccine (if you didn't get it as a teen)



Pap test every 3 years in your 20s. Pap and HPV tests every 5 years starting at 30



Safety check (your provider asks if you feel safe at home)



Sexually transmitted diseases (STD), Human Immunodeficiency Virus (HIV), and Hepatitis C testing



Skin checks

EVERYTHING FROM BEFORE, PLUS:

NEW CONVERSATIONS:



Lung screening (if you've smoked)



Pneumonia vaccine



Respiratory syncytial virus (RSV) vaccine (if you're at higher risk)



Shingles vaccine (2 doses)

KEEP GETTING:



Yearly mammograms, Pap and HPV tests every 5 years, colon screening every 10 years

IN YOUR 50s Protecting what you've built

IN YOUR 40s Staying strong as life gets busier

EVERYTHING FROM BEFORE, PLUS:

STARTING AT 40:



Colon Cancer screening (starts at age 45 and every 10 years after)



Mammogram every year (breast cancer screening)



Pap tests every 5 years

NEW CONVERSATIONS:



You can get the HPV vaccine until age 45 if needed.



Perimenopause and menopause - Your body is changing.



Bladder leakage - it's common and treatable.

See the **OLDER ADULTS ROADMAP** for your complete guide.

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

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)

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.