



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:

**Wellness
Cultura.org**



WOMEN'S HEALTH JOURNEY

"I ALWAYS PUT MY FAMILY FIRST. Doctor appointments were last on my list. Then my daughter told me, 'Mom, we need you healthy.' THAT CHANGED EVERYTHING."

Destiny, San Antonio mother and grandmother.

You're the heartbeat of your family. You show up for everyone: your kids, your parents, your partner, your community. Now let's show up for your own health. **HERE'S THE TRUTH:** Taking care of your health is making sure you'll be here for all the moments that matter. This roadmap is your yearly guide. Even when you feel fine, these checkups protect your future.

**START TODAY,
NOT MAÑANA.**



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



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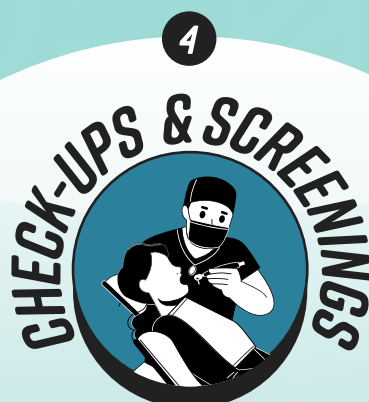


YOUR WHOLE MENTAL HEALTH

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



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



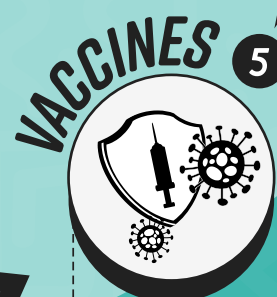
- See your primary care provider and eye doctor every year, your dentist every 6 months, and hearing checks as needed.

- 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.



- Get your yearly COVID and flu shots.
- Every 10 years: Tetanus, Diptheria, and acellular Pertussis (Tdap) 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

IN YOUR
40s
Staying
strong as life
gets busier

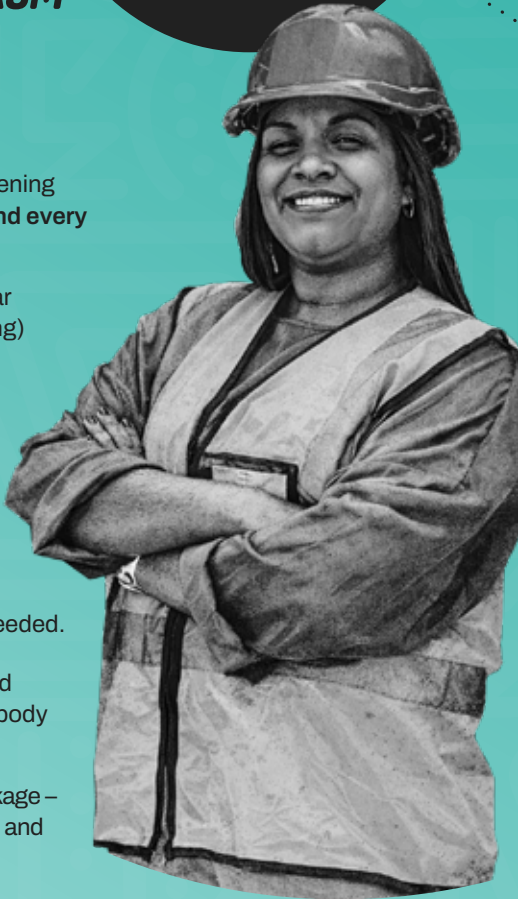
EVERYTHING FROM
BEFORE, PLUS:

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.



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



See the
OLDER ADULTS
ROADMAP
for your complete
guide.

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



CUT HERE — BRING TO YOUR APPOINTMENT



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.

