



# Wellness Checklist for Women

## Women of All Ages

- ☐ Develop healthy habits, like quitting smoking, minimizing drinking alcohol, drinking plenty of water, and eating a balanced diet rich in fruits, vegetables, whole grains, and lean protein, with sufficient calcium to protect your bones.
- ☐ Create a regular exercise routine that you enjoy and will stick with. Include cardiovascular, strength, and flexibility training.
- ☐ Make sleep a priority. Strive for 8 hours a night.
- ☐ Continue to buckle your seat belt and refrain from distracted driving. These are the most effective ways to save lives and reduce injuries in crashes.
- ☐ Schedule annual wellness visits that include personal history, physical exam, and emotional evaluation, preventative screening, and counseling. Check your blood pressure, body mass index (BMI), and cholesterol.
- ☐ Talk with your clinician if you feel sad, down, or hopeless.
- ☐ Flu shots are recommended yearly.
- ☐ Schedule a cervical cancer screening with Pap test and then repeat testing every 3 years or cytology with HPV every 5 years from ages 21-65.
- ☐ Maintain good oral hygiene. Schedule a dental exam and cleaning every 6 months.

- ☐ Limit sun exposure. Talk with your clinician if you notice any skin changes or unusual moles, or if you have a family history of skin cancer.
- ☐ If you smoke, use tobacco, or vape, consider quitting. Speak with your clinician about a plan that works for you.
- ☐ Find time to unwind. Chronic stress affects every system in your body.
- ☐ Schedule an eye exam at least every 2 years.
- ☐ Talk with your clinician about a hearing test if you are having any issues with your hearing.

## Twenties

- ☐ Discuss family planning with your clinician to consider prenatal health and/or the right type of contraception for you.
- ☐ Get the HPV vaccine, if you haven't already received it. Sexually active women should practice safe sex (i.e. use condoms), consider additional contraceptive options, and be screened for sexually transmitted infections (STIs).
- ☐ Ask your clinician about meningococcal B vaccines.
- ☐ This is the time to imprint healthy habits that will stay with you for life. Make time for stress reduction, self care and restoration.

## Thirties

- ☐ Discuss family planning and/or any fertility concerns with your clinician to consider prenatal health and/or the right type of contraception for you.
- ☐ Talk with your doctor about whether you would benefit from the HPV vaccine. Sexually active women should practice safe sex (i.e. use condoms), consider additional contraceptive options, and be screened for sexually transmitted infections (STIs).

## Forties

- ☐ Schedule a mammogram. Vanderbilt recommends screening mammograms every year. Your clinician can help evaluate your family history and schedule future exams.
- ☐ Discuss family planning and/or any fertility concerns with your clinician to consider prenatal health and/or the right type of contraception for you.
- ☐ Schedule diabetes screening. Type 2 diabetes is increasingly common in women over the age of 40.
- ☐ Exercise and eat healthy. Metabolism slows and muscle mass starts to decrease in women in their 40s.
- ☐ Talk with your doctor about whether you would benefit from the HPV vaccine. Sexually active women should practice safe sex (i.e. use condoms), consider additional contraceptive options, and be screened for sexually transmitted infections (STIs).

## Fifties

- ☐ Get screened for the hepatitis C virus. One-time screening is recommended for adults born between 1945 and 1965.
- ☐ Begin advanced care planning discussions and develop an understanding of your retirement/life goals to help guide medical decisions and as a

motivator to improve your health.

- ☐ Know your heart-health numbers. These include cholesterol, blood pressure, and blood glucose.
- ☐ Schedule a mammogram. Vanderbilt recommends screening mammograms every year. Your clinician can help evaluate your family history and schedule future exams.
- ☐ Get screened for colon cancer. Your clinician can help evaluate your risk factors and schedule future exams.
- ☐ Ask your clinician if a shingles vaccine is recommended for you.
- ☐ If you are a smoker, ask your clinician if a lung cancer screening is recommended for you.
- ☐ Discuss menopause symptoms with your clinician and whether hormone therapy is right for you. Maintain regular exercise.

## Sixties

- ☐ Eat healthy. Nutrition is more important than ever.
- ☐ Get screened for hepatitis C virus. A one-time screening is recommended for adults born between 1945 and 1965.
- ☐ Schedule a bone density test at age 65, or sooner for those at increased risk of fractures.
- ☐ For ages 60 and older, complete glaucoma screening with dilated eye exam every 2 years
- ☐ Schedule a mammogram. Vanderbilt recommends screening mammograms every year. Your clinician can help evaluate your family history and schedule future exams.
- ☐ Get screened for colon cancer. Your clinician can help evaluate your risk factors and schedule future exams.
- ☐ Get Tdap, pneumonia and shingles vaccines, as recommended.