

# Yearly Wellness Check for Women: Your Plan

## Screenings:

Call the clinic within 7 to 10 days if your screening is not scheduled.

### Colon Cancer (ages 45 to 75)

☐ Up to date (FIT or Colonoscopy)

☐ Due: \_\_\_\_\_

### Breast Cancer (ages 40 and older)

☐ Up to Date ☐ Due: \_\_\_\_\_

### Cervical Cancer (ages 21 to 65)

☐ Up to Date ☐ Due: \_\_\_\_\_

### Skin Cancer

☐ Home check ☐ Doctor Check

### Lung Cancer (current or past smokers age 50 to 80)

☐ Up to Date ☐ Not needed

☐ Due: \_\_\_\_\_

### Dexa (bone scan) (for ages 65 and older)

☐ Up to Date ☐ Due: \_\_\_\_\_

### Infections (Hep B, Hep C, HIV)

☐ Up to Date ☐ Due: \_\_\_\_\_

## Wellness Checks:

### Blood Pressure \_\_\_\_\_

☐ At target ☐ Schedule follow up

### Cholesterol \_\_\_\_\_

☐ At target ☐ Schedule follow up

## Immunizations:

### Influenza

☐ Up to Date ☐ Due: \_\_\_\_\_

### COVID

☐ Up to Date ☐ Due: \_\_\_\_\_

### Hepatitis B (2- or 3-dose series for ages 19 to 59)

☐ Up to Date ☐ Due: \_\_\_\_\_

### Pneumococcal vaccine (for ages 65 and older)

☐ Up to Date ☐ Due: \_\_\_\_\_

### RSV (for ages 60 and older, if recommended)

☐ Up to Date ☐ Due: \_\_\_\_\_

### Td booster or Tdap (Every 10 years)

☐ Up to Date ☐ Due: \_\_\_\_\_

### Zoster (2 doses after age 50)

☐ Up to Date ☐ Due: \_\_\_\_\_

### Other immunizations

☐ Varicella

☐ Hepatitis A

☐ Other: \_\_\_\_\_

## Advance Care Directive:

☐ Up to Date

☐ Due: \_\_\_\_\_

Suggested age ranges, test and vaccination timing may vary depending on your health circumstances. Check with your insurance provider to verify coverage and location.

Health advice discussed at your visit:	Doing well	Need to do better
<b>Physical activity:</b> Get at least 150 minutes per week (30 minutes per day).		
<b>Depression:</b> Share any concerns with your doctor.		
<b>Fall prevention:</b> Stay active. Take steps to make your home safe. Share any concerns with your doctor.		
<b>Bladder or urine problems:</b> Share any concerns with your doctor.		
<b>Tobacco use:</b> Do not use in any form (smoking, chewing, or vaping).		
<b>Alcohol use:</b> Limit alcohol to 1 drink a day or less.		
<b>Nutrition:</b> Eat 2 to 3 cups of vegetables and 2 cups of fruit daily.		

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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