

UH Screenings Checklist

Annual physical exams and preventive screenings can help keep you healthy by finding and addressing potential health issues before they become big problems.

18+

- Annual physical exam
 - Blood pressure
 - Cholesterol
 - Glucose
 - Skin check
 - Weight and BMI

- Annual clinical breast exam
- Monthly breast self-exam

21+

- Pelvic exam and Pap test*

30+

- HPV testing*

40+

- Annual Mammogram*

45+

- Colonoscopy*

55+

- Annual low dose lung CT (for those with a 30-pack-year smoking history)
- Cardiac calcium scoring (Every 10 years or as advised by your physician)

65+

- Bone density screening

My Physician's Name

My Physician's Number



To find a UH women's health specialist near you, call **855-382-7449** or visit **UHhospitals.org/WomensHealth**.

**Stated age recommendation are for those at average risk. If you have a family history or certain risk factors, it may be recommended that you begin screenings earlier. Screening frequency will be determined by the test results.*