

# Women's preventive care refresher



## 20s & 30s



Visit your personal doctor or gynecologist every year.



Ask if any tests or immunizations are needed.



Review your mental health and family history.

## 40s



Talk to your personal doctor about screening mammograms.

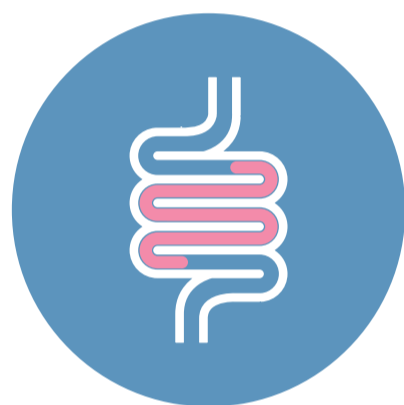


Consider blood work, like a cholesterol panel.



Discuss any changes in your body.

## 50s & 60s



Talk to your personal doctor about colonoscopies.



Consider an osteoporosis screening.



Check your hearing and vision.

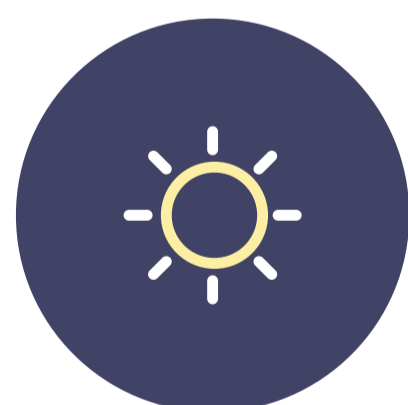
## All AGES



Eat healthy, exercise and get some sleep.



Don't smoke.



Protect your skin from the sun and monitor changes.

Preventive care visits can help spot a health condition before it becomes serious, so don't delay!

For the full story, visit [Wellmark.com/Blue](https://www.wellmark.com/blue).



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