



BlueResourceSM – Protecting Your Health – Getting an Annual Well-Woman Exam

Make Your Health a Priority

There's only one you. A yearly checkup is a great way to take care of yourself. The head-to-toe exam can help spot health issues early. Here's what you can expect during the exam.

Record your stats. Log and review your height, weight, body mass index and blood pressure over time.

Discuss your health history. Share info about illnesses, sexual health, exercise and diet with your doctor.

Review your medications. Track the medicines, vitamins, minerals and herbs you take to prevent possible drug interactions.

Conduct a physical exam. Check your heart, lungs, neck, tummy, breasts and pelvic area to verify all is working as it should.

Consider other screenings. Learn when and how often you should have a mammogram, colon screening, bone, blood and other tests based on your age.

Update your vaccines. Protect yourself with any needed shots while you're at your wellness visit.

Talk about health goals. Map out a plan to help protect your health with your doctor.



Schedule your annual well-woman exam today.