



BlueResource<sup>SM</sup> – 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.**