

# Women's Health in Your 30s



Now is the time to find out what makes you feel happy, healthy and strong. Check out the healthy guidelines below. Then work with your doctor or healthcare provider to personalize the timing of each test to meet your specific health care needs.

## GENERAL HEALTH

- **Full checkup** — including weight and height
- **Exercise habits** — discuss at your annual exam
- **Sleep habits** — discuss at your annual exam or anytime you have concerns
- **Tobacco habits** — discuss with your doctor or healthcare provider
- **Thyroid (TSH) test** — discuss with your doctor or healthcare provider
- **HIV screening** — get this test if you are at risk for HIV infection (have had unprotected sex, sexually transmitted disease, or used drugs with needles)
- **Hepatitis C screening** — one time at any age

## HEART HEALTH

- **Blood pressure test** — at least every two years or yearly if history of elevated blood pressure or take blood pressure medication
- **Cholesterol panel** — total, LDL, HDL and triglycerides; discuss with your doctor or healthcare provider

## DIABETES

- **Blood glucose or A1c test** — get screened if you have sustained blood pressure above 130/80, take medicine for high blood pressure or high cholesterol, or are at risk for developing diabetes

## BREAST HEALTH

- **Breast self-exam** — become familiar with your breasts so you can identify any changes and discuss with your doctor or healthcare provider

## SKIN HEALTH

- **Skin exam** — monitor your skin regularly for any changes and discuss with your doctor or healthcare provider as part of your routine full checkup

## REPRODUCTIVE HEALTH

- **Pap test** — at least every three years
- **Sexually transmitted infection (STI) tests** — both partners should get tested for STIs, including HIV, before initiating sexual intercourse; get a chlamydia test yearly if you have new or multiple partners

## MENTAL HEALTH SCREENING

- Discuss with your doctor or healthcare provider if having any concerns

## EYE AND EAR HEALTH

- **Comprehensive eye exam** — obtain baseline exam and then follow up based on recommendations from your doctor
- **Hearing test** — discuss with your doctor or healthcare provider if having any concerns

## ORAL HEALTH

- **Dental cleaning and exam** — every 6-12 months

## IMMUNIZATIONS

- **COVID-19 vaccine** — initial series and boosters
- **Influenza vaccine** — yearly
- **Tetanus vaccine** — every 10 years
- **Human papillomavirus (HPV) vaccine** — up to age 45; if your vaccine series is incomplete, discuss with your doctor or healthcare provider
- **Meningococcal vaccine** — discuss with your doctor or healthcare provider if you are a college student or military recruit

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