

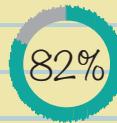
# Women's Health Checklist

Only **HALF** of women in upstate New York report that their health is very good or excellent.

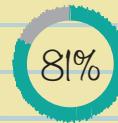
Review this list of women's preventive health recommendations, and the self-reported rates of compliance among women in upstate New York. Ask yourself:

## Am I taking the best care of myself?

Women ages 21-65 need to have a **Pap test** every 3 years or a Pap test with an **HPV test** every 5 years to help prevent cervical cancer. Children should begin the **HPV vaccine** series at ages 11-12.



Had a Pap test within the past 3 years



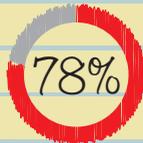
Had an HPV test within the past 5 years

Women ages 50-74 and of average risk need to have a **mammogram** every 2 years.



Had a mammogram within the past 2 years

Adults should have a **physical exam** once a year.



Had a physical within the past year

Adults ages 50-75 need to follow their doctor's **colon cancer screening** advice, including having a colonoscopy, sigmoidoscopy or blood stool test.



Received an appropriate screening test for colon cancer

Adults should visit the **dentist** at least once a year.



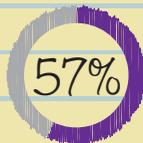
Visited a dentist within the past year

Adults ages 65 and older should get a **pneumonia vaccine**.



Received a pneumonia vaccine

Adults should get a **tetanus shot** every 10 years.



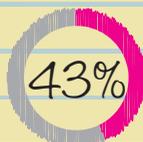
Had a tetanus shot within the past 10 years

Everyone ages 6 months and older should get the **flu vaccine** every year.



Received a flu vaccine in the past year

Adults should complete a **health care proxy** form to designate someone to advocate on behalf of their health care wishes.



Completed a health care proxy form

**Screening tests and preventive measures are covered health insurance benefits.**

To learn more about which recommendations are best for you, talk with your doctor or visit [WomensHealth.gov](http://WomensHealth.gov)