

Women's Wellness

Women's Wellness is designed to teach women about the importance of staying healthy and what to expect when seeing a health care provider* for a "wellness exam". A wellness exam includes a physical exam, a talk about habits, and ideas to stay healthy and prevent sickness. For women ages 50-64 years, it is recommended to schedule a wellness exam visit every year.

A big part of staying healthy is making personal goals for good health.

Example: I will walk 30 minutes, at least five days each week.

My goals are:

- _____

- _____

- _____

*Provider is the person who provides your healthcare and answers your questions. A provider can be a doctor, doctor's assistant (physician assistant), nurse practitioner or, for oral health, a dentist.

Clinic Information

What are my chances of getting breast cancer?

Why can't I sleep through the night?

How much exercise do I need?

Women's Wellness

50-64 years of age

Do I need to see a dentist?

Why do I keep gaining weight?

Sometimes my mood is up and down, is that normal?

What do I do if I think I may be drinking too much?

How can I keep my bones strong and healthy?

What can I do for hot flashes?

Why do I feel so nervous?

For the answers to these questions, or if you have other health questions, ask your health care provider.