

Women's Health

A simple guide to staying healthy at every stage of life

NEBRASKA
HEALTH
NETWORK



Make These Part of Your Annual Routine

Your health deserves attention at every stage of life. An annual physical exam and well check give you dedicated time to check in with your body, ask questions and partner with your provider on preventive care. Regular checkups help catch potential issues early, support your physical and emotional well-being and empower you with the information you need to make confident health decisions.

What's Included in an Annual Physical Exam and Well Check?

Your visit may include screenings, conversations and preventive services designed with women's health in mind.

Preventive Screenings



Blood pressure check



Blood sugar test (typically every two-to-three years, or as recommended)



HIV and sexually transmitted infection screenings, as needed based on risk and lifestyle

Vaccinations



Influenza vaccine



Other age-appropriate immunizations to help protect your health year-round

How You Can Help



Talk openly with your provider about your mental and emotional health. Hormone changes related to the menstrual cycle, pregnancy, the postpartum period and perimenopause can impact mood, stress levels and emotional well-being.



Discuss menopause, which typically occurs between the ages of 40 and 60. Symptoms can vary widely from person to person. Your provider can help you understand what to expect during the transition and explore options to manage or treat symptoms.

Make These Part of Your Self Care

Small habits and regular self-checks play a powerful role in protecting your long-term health. In addition to your annual exams, make these practices part of your routine:



Skin Check

Perform regular self-exams and schedule professional skin checks as recommended to help detect changes or concerns early.



Monthly Breast Self-Exam

Knowing what's normal for your body helps you notice changes sooner and report them promptly to your provider.



Healthy Lifestyle Choices

Eat a balanced, nutritious diet, stay physically active and maintain a healthy weight. These habits reduce your risk of many health conditions, including cardiovascular disease and diabetes, and support overall wellness at every stage of life.

Don't Forget Your Dental Health

Oral health plays a key role in overall wellness, affecting everything from heart health to daily comfort. Regular dental visits help prevent problems before they start.

Things That Change With Age

Your health needs evolve with every stage of life.

Talk with your provider about what's right for you based on your age, history and lifestyle and follow these general guidelines:

20s

Every 2 to 3 Years

Eye Exam
Pap Smear
Pelvic Exam

30s

Every 2 to 3 Years

Eye Exam
Pelvic Exam

Every 5 Years

Pap Smear with HPV Test (co-test)

40s

Annually

Cholesterol Screening
Depression Screening
Mammogram

Every 2 to 3 Years

Eye Exam
Pelvic Exam

Every 5 Years

Colorectal Cancer Screening
Pap Smear with HPV Test (co-test)
Pelvic Exam

50s

Annually

Cholesterol Screening
Mammogram

Every 2 to 3 Years

Eye Exam
Pelvic Exam

Every 5 Years

Bone Density
Pap Smear with HPV Test (co-test)
Pelvic Exam

Every 10 Years

Colorectal Cancer Screening

As Needed

Lung Cancer Screening

60+

Annually

Cholesterol Screening
Mammogram

Every 2 to 3 Years

Eye Exam

Every 5 Years

Bone Density
Colorectal Cancer Screening (Every 5 to 10 Years)
Pap Smear with HPV Test (co-test)*
Pelvic Exam

*May stop after 65, check with your provider

Your health needs are personal.

Talk with your provider about your age, family history and risk factors to create a care plan that's right for you.