Annual physical exams and preventive screenings can help keep you healthy by finding and addressing potential health issues before they become big problems.

**18+**
- Annual physical exam
  - Blood pressure
  - Cholesterol
  - Glucose
  - Skin check
  - Weight and BMI
- Annual clinical breast exam
- Monthly breast self-exam

**30+**
- HPV testing*

**40+**
- Annual Mammogram*

**45+**
- Colonoscopy*

**55+**
- Annual low dose lung CT (for those with a 30-pack-year smoking history)
- Cardiac calcium scoring (Every 10 years or as advised by your physician)

**65+**
- Bone density screening

**21+**
- Pelvic exam and Pap test*

**30+**

**55+**

**65+**

*Stated age recommendations are for those at average risk. If you have a family history or certain risk factors, it may be recommended that you begin screenings earlier. Screening frequency will be determined by the test results.

To find a UH women’s health specialist near you, call 855-382-7449 or visit UHhospitals.org/WomensHealth.