

Women's Healthy Living: Annual Wellness Exam Questions – Ages 21 to 29

Topics to Discuss with Your Provider:

- **Pregnancy:** Discuss birth control options or plans for pregnancy.
- **Weight & Diet:** Review your weight, eating habits, and exercise routine.
- **Substance Use:** Talk about tobacco, alcohol, and drug use.
- **Personal Safety:** Address any issues related to violence in your life.
- **Mental Health:** Discuss depression and other mental health concerns.
- **Family Health History:** Share any family history of cancer, heart disease, and diabetes.
- **Sun Protection:** Learn about protecting yourself from UV rays and tanning hazards.

Health Risks and Tests to Consider:

- Blood pressure
- Breast cancer prevention
- Chickenpox
- Flu
- Hepatitis A, B, and C
- HIV
- HPV
- Measles, mumps, and rubella
- Meningitis
- PAP test
- Sexually transmitted infections
- Tetanus, diphtheria, and whooping cough
- Tuberculosis
- Urinary incontinence

Questions to Ask:

- Am I at higher risk for any conditions this year?
- What preventive screenings should I consider based on my family history?
- How can I improve my mental health?
- What dietary changes can I make for better overall health?
- How much protein, calcium, and iron should I be consuming?
- What are my options to reach and maintain my weight goals?
- What types of exercise are best for heart health?
- Should I be concerned about symptoms that might indicate perimenopause?

Healthy Habits to Adopt:

- **Exercise:** Aim for 150 minutes of cardiovascular activity weekly, plus strength training.
- **Nutrition:** Consider taking a multivitamin for iron, vitamin D, and calcium.
- **Sleep:** Prioritize quality sleep to avoid fatigue and health issues.
- **Self-Exams:** Begin monthly breast self-exams for early detection of abnormalities.

Key Points:

- **Prioritize your annual checkup!** Even if you feel great, you still want to make sure you get your yearly physical.
- Visit your primary care provider by age 20, regardless of sexual activity.
- Keep track of your medical records for easier health management.
- Don't hesitate to advocate for your health if you feel your concerns are dismissed.

By focusing on these areas during your annual wellness exam, you can better manage your health and set a foundation for a healthier future!