

Live Healthy

30s
TAKE ON YOUR



WOMEN. WISDOM. WELLNESS.

Preventive Health Guidelines ... *now and for a lifetime.*

General Health

- Get an annual checkup.
 - Blood glucose or A1C test, if at risk for diabetes
 - Blood pressure test
 - Cholesterol panel
 - HIV screening, if at risk
 - Thyroid (TSH) test
- Examine your moles and birthmarks monthly for any changes.

Breast Health

- Examine your breasts at home.
- Get a clinical breast exam (at least every 3 years).

Eye, Ear and Dental Health

- Have your hearing tested (every 10 years).
- Schedule an eye exam, if needed
- See your dentist (every 1-2 years).

Mental Health

- Share concerns with your doctor immediately.

Recommended Immunizations

- Human papillomavirus (HPV) vaccine
- Meningococcal vaccine
- Seasonal influenza (flu) vaccine (annually)
- Tetanus-diphtheria-pertussis (Tdap) booster vaccine (every 10 years)

Reproductive Health

- See your doctor for a pelvic exam (annually).
- Have a Pap test (at least every 3 years).
- Get tested for sexually transmitted infections (STIs), if at risk.

Visit [ClubWkc.com/LiveHealthy](https://www.clubwkc.com/livehealthy) for details on our decade-by-decade classes hosted by Dr. Ancy.

Not a member?

Join the club at
[ClubWkc.com](https://www.clubwkc.com).