

TRS-ActiveCare
**MAKE YOUR
HEALTH
A PRIORITY**



Protect Your Health — Get an Annual Well-Woman Exam

There's only one you. A yearly well-woman exam is a great way to take care of yourself. The head-to-toe exam can help spot health issues early. Here's what your exam may cover:

Your stats. Your provider will get your height and weight and take your blood pressure.

Your health history and lifestyle. Talk with your doctor about your health concerns, sexual health, exercise and diet.

Medication review. Let your doctor know what medicines, vitamins, minerals and herbs you take to avoid harmful drug interactions.

A thorough physical. Your provider will check your heart, lungs, neck, stomach, breasts and pelvic area to make sure you have no problems.

Screenings. Your doctor will tell you at what age and how often you should have a mammogram, colon screening, and other tests.

Vaccines. Your provider will keep you up to date on shots you may need.

Health goals. Your doctor will recommend ways to help you get and stay healthy.



Schedule your annual well-woman exam today.

Sources: *Get Your Well-Woman Visit Every Year.* U.S. Department of Health and Human Services. 2020.
Women's Preventive Health: Routine Screenings and Recommendations. University of Texas Medical Branch. 2020.

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