

Women's Health in Your 30s



Now is the time to find out what makes you feel happy, healthy and strong.

Check out the healthy guidelines below. Then work with your provider to personalize the timing of each test to meet your specific health care needs.

General Health

- ❑ **Annual preventative care visit** – yearly visit that includes weight, height, blood pressure, screenings, age appropriate history and exam, and creation of individual preventative care plan
- ❑ **Chronic health conditions** – review current diagnoses and medications at least yearly
- ❑ **Sleep habits** – discuss at your annual exam
- ❑ **Thyroid (TSH) test** – discuss with your provider
- ❑ **HIV screening** – once before age 65; get additional testing if you are at risk for HIV infection (have had unprotected sex, sexually transmitted disease or used drugs with needles)
- ❑ **Hepatitis C (HCV) screening** – get this one time between ages 18 and 79

Heart Health

- ❑ **Blood pressure test** – every one to five years depending on risk; discuss with your provider
- ❑ **Cholesterol panel** – total, LDL, HDL and triglycerides; discuss with your provider

Prediabetes & Diabetes

- ❑ **Blood glucose and/or A1c test** – every one to three years if overweight or obese or risk factors are present

Breast Health

- ❑ **Breast self-exam** – become familiar with your breasts so you can identify any changes and discuss with your provider

Reproductive Health

- ❑ **Pap test** – every one to five years; discuss with your provider
- ❑ **Pelvic exam** – discuss with your provider

- ❑ **Sexually transmitted infection (STI) tests** – both partners should get tested for STIs, including HIV, before initiating sexual intercourse; get a chlamydia test yearly if you have new or multiple partners

Mental Health Screening

- ❑ **Depression screening** – yearly

Eye & Ear Health

- ❑ **Comprehensive eye exam** – discuss with your provider
- ❑ **Hearing test** – every 10 years

Skin Health

- ❑ **Skin exam** – monthly self-exam of skin and moles, and as part of a routine full checkup with your provider

Oral Health

- ❑ **Dental cleaning and exam** – every 12 to 24 months; discuss with your dentist

Immunizations

- ❑ **COVID-19 vaccine** – discuss with your provider
- ❑ **Influenza vaccine** – yearly
- ❑ **Tetanus-diphtheria-pertussis booster vaccine** – every 10 years
- ❑ **Human papillomavirus (HPV) vaccine** – discuss with your provider
- ❑ **Hepatitis A, hepatitis B and meningococcal vaccines** – discuss with your provider
- ❑ **Pneumococcal vaccine** – Discuss with your provider

For a comprehensive list of Mount Carmel programs and services, and to find a provider, [click here!](#)