

Make a Well-Woman Appointment Today!

An annual well-woman visit is the time to talk about your health concerns. You can talk to your health care provider about anything. But, here are some topics that are generally covered:



PREGNANCY INTENTION

Do you want to have a child this year? If “no”, discuss your goals and different birth control options. If “yes”, discuss how to prepare. Make sure to talk about how long to wait between your last birth and your next pregnancy.



MAINTAINING A HEALTHY WEIGHT

Body Mass Index (BMI) is an estimate of body fat based on height and weight. Your health care provider can calculate yours. Then, talk about the recommended amount of physical activity and how to consume a balanced diet.



SUBSTANCE USE

Talk about the substances you use. Do you drink? Use tobacco or marijuana? Take recreational drugs? It's important to discuss what you're using and how often with your health care provider. They can help you weigh risks and benefits.



A DAILY MULTIVITAMIN (WITH FOLIC ACID)

The doctor will want to know if you are taking a multivitamin with folic acid. A multivitamin is a good way to get all of the nutrients you need. Folic acid promotes women's health and helps prevent birth defects.



MEDICATIONS YOU'RE TAKING

Tell your provider as much as you can about the prescription and over-the-counter medications you take. Some don't interact well together and some can cause birth defects. Your health care provider can help you weigh the risks and benefits of each medication.



CHRONIC CONDITIONS

If you have a chronic disease, it's important that you discuss it with your health care provider. Be sure to inform them about your illness, symptoms, and prescriptions. They can help you manage your condition.



MENTAL HEALTH

If you are struggling with any mental or emotional health issues, talk to your health care provider. Depression is common. It can range from mild to severe. If you think you have depression tell your provider. They can complete a depression screening to determine a treatment plan. If you have diagnosed depression you should have it treated.



HEALTHY RELATIONSHIPS

No matter the type of relationship, they should all be healthy. If you're experiencing bullying, violence, or abuse of any type, talk to your health care provider. Your well-woman visit is a safe place to ask for help.



VACCINATIONS

Get up to date with vaccines like the flu, human papilloma virus (HPV), tetanus, measles, mumps, rubella, varicella, and more.



ENVIRONMENTAL HAZARDS

Are you exposed to any chemical or physical hazards at home or at work? Talk to your provider about the health impacts of these different exposures.



HEALTH SCREENINGS

Get screened! Have your blood pressure, blood sugar, cholesterol and triglycerides checked. Get screened for STDs as well as breast and cervical cancer. This is the time to check these tests off your list.



READY TO SCHEDULE YOUR WELL-WOMAN VISIT?

Visit dethrives.com/healthy-women-healthy-babies/all-providers or dial 2-1-1 to find a provider near you.