Women’s Wellness Guide
A well-woman visit is an annual appointment where your doctor checks in on your general health and addresses any health concerns or questions you may have.

Be prepared for your next doctor’s appointment.

Goals of a well-woman visit

- Document your health habits and history
- Get a physical exam
- Set health goals

For more information, visit
www.hpv16and18.com/hpv-labs

What to ask

Cervical Cancer Screening

- When should I be screened for cervical cancer?
- Do I need an HPV test today, along with my Pap? How often do you recommend I get an HPV test?
- I want an HPV test that detects HPV 16 and 18, how do I get it?
- If my results are positive, what is the next step?
At your doctor’s appointment, your exam could include:

- A physical exam (monitoring blood pressure, height and weight)
- A cervical cancer screening exam (Pap and/or human papillomavirus [HPV] tests)
- Detection and screening for other diseases (diabetes, cardiovascular, osteoporosis, bone density, thyroid, breast and other cancers)
- Health status evaluation and counseling

What to expect

General questions

- What other screenings are important for me to know about?
- Do I need any important shots?
- How can I protect myself from HIV and other STDs?
- Where can I get help for a mental health issue?
- How can I get more physical activity?
- What form of birth control is right for me?
- How can I incorporate more healthy eating habits into my diet?
- Given my family history, am I at a higher risk for certain diseases or illnesses?

Other topics

You and your doctor can also discuss other health topics, including:

- Family planning
- Exercise and nutrition
- Personal issues (sex, depression, mood disorders, violence)
- Menopause management