

Women's Health Screening Guide

Screening Tests	Ages 18 - 39	Ages 40-49	Ages 50 and over
Well-Woman Exam	Every year		
Blood Pressure	Every 2 years	Every year	
Cholesterol	Every 4-6 years	Discuss frequency with your provider.	
Diabetes	Discuss with your provider.	Start at age 45, then every 3 years	
Thyroid (TSH)	Start at age 35, then every 5 years	Every 5 years	
Mammogram		Start at age 40, then every year	
Colonoscopy		*Start at age 45; every 10 years	
Osteoporosis Screening			Discuss with your provider.
Pap Smear	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years	
Mental Health	Discuss openly with your provider if you've felt down, sad or hopeless for an extended period.		
Lung Cancer Screening			Age 55 to 75 AND have smoked a pack of cigarettes a day for at least 30 years

*Some insurance providers only start covering screenings at age 50.

Take charge of your health today.
407-720-5191 | HerHealthNavigator.com

Expert Health Care Coordination

Our women's health navigators provide complimentary services that help you coordinate your overall care and answer any questions you may have. These services include:

- Finding a care provider
- Answering your health care questions
- Assistance with scheduling annual office visits and screenings
- Resources and support for you and your family
- Coordination of care among multiple providers and facilities

What is a women's health navigator?

A health navigator is a specially trained registered nurse whose job is to make life easier for each of our patients through expert clinical assistance and educational, emotional and spiritual support. All calls are complimentary and confidential. Anyone can self-refer and insurance is not required to talk or meet.



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To contact our women's health navigators, call 407-720-5191 or visit HerHealthNavigator.com.