Women's Wellness

Women's Wellness is designed to teach women about the importance of staying healthy and what to expect when seeing a health care provider* for a wellness exam. A wellness exam includes a physical exam, a talk about habits, and ideas to stay healthy and prevent sickness. For women ages 21-49 years, it is recommended to schedule a wellness exam visit every one to two years, or more often if there are health problems.

A big part of staying healthy is making personal goals for good health.
Example: I will walk for 30 minutes, five days each week.
My goals are:

- _____

_____

- _____

_____

- _____

*Provider is the person who provides your healthcare and answers your questions. A provider can be a doctor, doctor's assistant (physician assistant), nurse practitioner, or for oral health, a dentist.

Clinic Information

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What are my chances of getting breast cancer?

Why do I feel so nervous?

What is a healthy weight for me?

Women's Wellness

21-49 years of age

Am I drinking too much alcohol?

Do I need to see a dentist?

Why can't I sleep through the night?

How can I avoid getting diabetes?

How much exercise do I need to be healthy?

Could I have an STD?

For the answers to these questions or if you have other health questions, ask your health care provider today.