

In your **30s** For the **creation** of your **life**

Each decade of a woman's life is a "10-year transformation" with opportunities for growth and the pursuit of vibrant health — mind, body and spirit.

As a woman in your 30s, life is full of possibilities to build relationships, responsibilities, family, and your career. Your sense of who you are is stronger now than ever before. Now is the time to create a strong foundation to protect your health into the future.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.



General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needle).

Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.
- **Clinical breast exam** — At least every three years.

Reproductive health

- **Pap test** — At least every three years.
- **Pelvic exam** — Yearly.

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

- Discuss with your doctor or nurse.

Eye and ear health

- **Comprehensive eye exam** — Discuss with your doctor.
- **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 doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.
- **Human papillomavirus (HPV) vaccine** — If your vaccine series is incomplete, discuss with your doctor or nurse.
- **Meningococcal vaccine** — Discuss with your doctor or nurse if you are a college student or military recruit.



Spirit of
Women

Sources: U.S. Department of Health and Human Services Office on Women's Health
Centers for Disease Control and Prevention