

# Preparing for Your Well-Woman Visit

*This checklist can be used to help you get ready for your well-woman visit and ensure all your questions and concerns are addressed.*

## *Why your well-woman visit is important*

The annual well-woman exam is an opportunity for your provider to assess the state of your current health. During this visit you can discuss concerns as well as steps that can be taken to prevent potential health issues in the future. Learn more about what topics are discussed during the annual well-woman exam (link to infographic).

## *Step 1: Know your family health history*

It is important to know your family health history prior to your well-woman visit. The Center for Disease Control and Prevention has created a tool to help you answer questions that provide insight into short and long-term health concerns that may be impacted by your family health history: <https://phgkb.cdc.gov/FHH/html/index.html>.

## *Step 2: Prepare a list of questions*

The well-woman visit is the perfect time to ask your provider questions about your physical and mental health. Below is a checklist that can be completed prior to your visit to make sure no topics are missed during your appointment. Remember, this is your time to ask questions! Health education and counseling are core components of your annual exam.

If you are nervous about how to bring up some of the questions listed below you can give this completed checklist to your provider so they can see what topics you would like to discuss. You can also start the conversation by saying:

“I want to be sure we talk about some things I am concerned about today. Do you mind if we go through the list I have prepared?”

## *The Well-Woman Exam Checklist*

*Check the topics that you want to be sure to discuss with your provider. Feel free to write additional notes or questions in the blank space provided at the end.*

### **Reproductive Health**

- I want to become pregnant in the next year (yes, no, unsure, ok either way?)
- How can I protect myself from sexually transmitted infections?
- Other: \_\_\_\_\_

### **General Health**

- I am concerned about my blood pressure
- I am concerned about my heart and/or high cholesterol
- I am concerned about cancer
- I am concerned about diabetes
- I am concerned about osteoporosis
- I am concerned I do not get enough sleep (I have trouble falling asleep or staying asleep)

\_\_\_ Other: \_\_\_\_\_

### **Weight Management**

- \_\_\_ I am concerned about my weight (I think I weigh too much or too little)
- \_\_\_ I need guidance on how to eat healthy
- \_\_\_ I have trouble getting fresh food to eat
- \_\_\_ I need guidance on how to be more active
- \_\_\_ Other: \_\_\_\_\_

### **Menstrual Cycles**

- \_\_\_ I have been having irregular cycles
- \_\_\_ I have been having painful cycles
- \_\_\_ I have excessive bleeding during my cycle
- \_\_\_ Other: \_\_\_\_\_

### **Mental Health**

- \_\_\_ I have been feeling sad and/or hopeless
- \_\_\_ I have been feeling anxious
- \_\_\_ I easily become stressed or overwhelmed
- \_\_\_ I become irritable or angry very quickly
- \_\_\_ Other: \_\_\_\_\_

### **Substance Use**

- \_\_\_ I am worried that I drink too much
- \_\_\_ I would like to quit smoking
- \_\_\_ I want to quit using narcotics or prescription drugs
- \_\_\_ Other: \_\_\_\_\_

### **Healthy Relationships and Support Network**

- \_\_\_ I feel unsafe in my relationship
- \_\_\_ I feel like I don't have control over my reproductive choices
- \_\_\_ I don't feel as though I have anyone who can help me when I am struggling
- \_\_\_ Other: \_\_\_\_\_

### **Screenings and Immunizations**

- \_\_\_ Do I need a Pap test?
- \_\_\_ Do I need a breast exam?
- \_\_\_ Do I need a mammogram?
- \_\_\_ Should I have any vaccinations?
- \_\_\_ Should I be tested for sexually transmitted infections?

**Additional Notes:**

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