SCHEDULE YOUR WELL-WOMAN VISIT TODAY!

Annual Well-Woman EXAMINATION
Top reasons why you should have an annual well-woman examination

- **Birth Control**
  Learn about choosing the right birth control method for you.

- **Cancer Screening**
  Learn about breast cancer, colon cancer or other types of cancer.

- **Vaccinations**
  Get vaccinations against the flu, HPV & more.

- **Health Screening**
  Get screened for high blood pressure, diabetes, bone density & more.

- **Issues With Your Menstrual Period**
  Discuss premenstrual syndrome, painful periods, your first period, heavy bleeding or irregular periods.

- **Sexually Transmitted Infections Screening**
  Chlamydia, gonorrhea, and genital herpes are infections that spread through sexual contact.

- **Relationship with Drugs, Tobacco & Alcohol**
  Your provider can discuss your use of drugs, alcohol or tobacco and provide resources to help you quit or cut back.

- **Weight Control**
  Learn about body mass index, exercise, obesity, & a healthy diet.

- **Concerns About Sex**
  Discuss what happens during intercourse, pain during sex, hormonal changes that change interest or response to sex or different forms of sex.

- **Preconception Counseling**
  Your healthcare provider can discuss options based on whether you are hoping to become pregnant, don’t want to become pregnant or are unsure.

- **Depression Screening**
  Depression is a common but serious illness. Your provider will discuss symptoms, how often they occur and how severe they are & provide resources.

- **Questions About Healthy Relationships**
  Learn about what happens in healthy and unhealthy relationships and resources in your community that can help you stay safe.