



Women's health

Women face many health issues that can be prevented or treated, especially if found early. It's important to check-in on your health regularly.



Schedule a visit with your primary care provider (PCP) to get on track with your preventive care.

Recommended screenings for women

Exam/ screening	Years of age				
	20+	30+	40+	50+	60+
Annual exam	✓	✓	✓	✓	✓
Blood pressure	✓	✓	✓	✓	✓
Cholesterol	✓	✓	✓	✓	✓
Cervical cancer	✓	✓	✓	✓	✓
Breast cancer	✓*	✓	✓	✓	✓
Colorectal cancer		✓	✓	✓	

*Baseline mammogram for those with a family history

Make your appointment

Log in to Castlight to find a provider.

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