



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.

Not registered?
Download the mobile app or
visit mycastlight.com



@heycastlight_health



Castlight

