



Help Your Wellness Grow at Every Age With Preventive Care

Based on your age and risk factors, your healthcare provider may recommend testing that can provide valuable information, helping you to maintain good health and find certain diseases early when treatment is likely to work best.¹

Routine screening that may be ordered as part of your annual exam:

- **Complete blood count**
- **Metabolic panel**, which may include tests for diabetes, liver function and kidney function²
- **Lipid panel**, including cholesterol and triglycerides³
- **Cervical cancer**³
- **Sexually transmitted infections**^{2,3}

Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- **Infectious diseases**³, such as hepatitis B, hepatitis C, and human immunodeficiency virus
- **Thyroid-stimulating hormone**, if symptomatic⁴

Additional screening your healthcare provider may discuss with you:

- **Hereditary cancer testing**
- **Colorectal cancer**, beginning at age 45⁵
- **Genetic testing/counseling**, if you are considering pregnancy⁶

Adapted from Women's Preventative Services Initiative Recommendations for Well-Woman Care Clinical Summary Tables (updated January 2021); The American College of Obstetricians and Gynecologists Committee Opinion 690; and, U.S. Preventive Services Task Force Recommendations.

References:

1. US Department of Health and Human Services. Get Your Well-Woman Visit Every Year. <https://health.gov/myhealthfinder/topics/everyday-healthy-living/sexual-health/get-your-well-woman-visit-every-year>. Accessed July 16, 2021. **2.** Jewell T, Sharon A. All About Blood Tests. <https://www.healthline.com/health/blood-tests>. Accessed March 18, 2022. **3.** 2021 Recommendations for Well-Woman Care Clinical Summary Tables. Women's Preventive Services Initiative. <https://www.womenspreventivehealth.org/wellwomanchart/>. Accessed March 4, 2022. **4.** US Preventative Services Task Force. Screening for thyroid dysfunction: Recommendation statement. *Am Fam Physician*. 2015;91(11):790A-F. **5.** US Preventative Services Task Force. Screening for Colorectal Cancer. *JAMA*. 2021;325(19):1965-1977. doi:10.1001/jama.2021.6238. Corrected on August 24, 2021. **6.** Carrier screening in the age of genomic medicine. Committee Opinion No. 690. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2017;129:e35-40 (Reaffirmed 2020).



Always discuss what testing is right for you with your healthcare provider. Learn more: womenshealth.labcorp.com/patients/womens-health-wellness

