Community Health Network

In Your 30s

Every woman is unique—and so is your health history. Talk to your primary care doctor about the specific screenings that are right for you.

Need to make an appointment? Call **317.621.2727**.

Questions for my caregiver

General health

- ❑ **Full checkup**
  Including weight and height
- ❑ **Exercise**
  Try to obtain or maintain an ideal BMI
- ❑ **Sleep habits**
  Discuss at your annual exam
- ❑ **Thyroid (TSH) test**
  Discuss with your health care provider
- ❑ **HIV screening**
  Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted infection, or used drugs with needles)
- ❑ **Social habits**
  Discuss social habits such as drugs, alcohol and tobacco usage with your healthcare provider

Heart health

- ❑ **Blood pressure test**
  Every year at annual physical exam
- ❑ **Baseline cholesterol panel**
  Total, LDL, HDL and triglycerides; discuss with your healthcare provider

Diabetes

- ❑ **Blood glucose or A1c test**
  Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. 注意：如果您使用繁體中文，您可以免費獲得語言援助服 務。

Questions for my caregiver

Breast health

- ❑ **Breast self-exam**
  Become familiar with your breasts so you can identify any changes and discuss with your healthcare provider
- ❑ **Clinical breast exam**
  At least every three years

Reproductive health

- ❑ **Pap test**
  Discuss HPV co-testing with your healthcare provider
- ❑ **Pelvic exam** | Yearly
- ❑ **Considering pregnancy**
  Discuss with your healthcare provider

Mental health screening

- ❑ **Discuss with your healthcare provider**

Sexually transmitted infection

- ❑ **(STI) tests**
  Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners. If you are sexually active, discuss contraception options with your provider

Eye and ear health

- ❑ **Comprehensive eye exam**
  Discuss with your doctor
- ❑ **Hearing test**
  Every 10 years

Skin health

- ❑ **Skin exam**
  Monthly self-exam of skin and moles as part of a routine full checkup with your healthcare provider

Oral health

- ❑ **Dental cleaning and exam**
  Every 12–24 months; discuss with your dentist

Immunizations

- ❑ **Seasonal influenza vaccine**
  Yearly
- ❑ **Tetanus-diphtheria-pertussis Booster vaccine**
  Every 10 years
- ❑ **Human papillomavirus (HPV) vaccine**
  If your vaccine series is incomplete, discuss with your healthcare provider
- ❑ **Meningococcal vaccine**
  Discuss with your healthcare provider if you are a college student or military recruit

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