

## Well Woman Exam 18–39 year-old

Annual exams provide an excellent opportunity for you and your doctor or midwife to assess your health and for you to receive well-woman care. These assessments include screening, evaluation and counseling, and immunizations based on age and risk factors. Following a general guideline of recommendations for screening tests. Based on your personal and family histories, your health care provider may suggest additions or changes to this schedule. **If you have any questions about your insurance coverage on any testing, please refer to your health insurance provider.**

### Lifestyle Recommendations for All Age Groups:

- Have a yearly exam
- Practice breast self-awareness
- Exercise and eat a healthy diet
- Take a daily multivitamin
- Use safe sex practices
- Wear sunscreen and limit sun exposure

- Avoid smoking
- Reduce stress
- Practice good dental hygiene
- MMR vaccine (for those not previously immunized)
- Drink alcohol in moderation if any
- Avoid injuries by wearing your seatbelt

### **Follow up needed with other health professionals**

- Blood pressures check yearly
- Pelvic exam yearly beginning at age 21
- Breast exam every 1-3 years

**Immunizations offered in our office** - others available through Utah County Health Dept.

- Tdap booster
- Gardasil - HPV vaccine (one series for those aged 26 or less)
- Influenza vaccine (annually)

### **Recommended Laboratory and Other Testing:**

- Pap smear: Age 21-29 = screen every 3 years  
Age 30 or older = screen every 3 years, or every 5 years with HPV co-testing
- Chlamydia and gonorrhea testing 21-25, when sexually active.
- HIV testing (if sexually active)

-Revere Health Lab 1175 E. 50 S. Suite 151 American Fork 7 am – 5 pm  
Lab tests ordered today

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### **Referral sent** \_\_\_\_\_

**Lab results can be found on our patient portal Follow my Health. Please log on to view your results. We will only call with abnormal results.**



Schedule your next visit for \_\_\_\_\_

Thank you for allowing us to care for you today. Your health is important to us. You can call or text us with any questions 801-756-5288.