

Well Woman Exam 40 - 65 years 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

Clinical Exam:

- 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: screening every 5 years with HPV co-testing or every 3 years, PAP only
- Cholesterol (Lipid panel)
- Complete Blood Count TSH A1C Metabolic Panel
- HIV testing (if sexually active)

Lab tests ordered today

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.



Mammogram = Routine screening starting at age 40

- Revere Health Imaging = 801-492-5996
- American Fork Hospital Imaging = 801-906-2700
- Timpanogos Hospital imaging = 801-714-6548

*Normal results will be given to you from preforming location

Colonoscopy = Screening starting at age 45

- Revere Health Gastroenterology = 801-772-0775
- *Normal results will be given to you from preforming location

Dexa scan = Screening starting at age 60

- Revere Health Imaging = 801-492-5996

Follow up needed with other health professionals

Referral sent _____

Please schedule your next visit _____

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