



# Approximately 50% of women neglect their own care.\*

But 100% of women want to get the most out of life.

Caring for the whole self — body, mind, and spirit — is the best way to live your best life, complete with the people and passions that make it yours. Progressing through new ages and stages means collecting the experiences that make life fuller, but it also means that maintaining your body’s well-being might require more care.

All the small forms of health care, like routine tests and screenings, lead to bigger moments of self-care. Use this checklist to keep up with the health and wellness services you need to add to your routine as life moves forward.

**It's simple: health care is self-care.**

	20+	30+	40+	50+	60+
Annual physicals	✓	✓	✓	✓	✓
Blood pressure screenings	✓	✓	✓	✓	✓
COVID-19 vaccine and boosters	✓	✓	✓	✓	✓
Dental exams	✓	✓	✓	✓	✓
Eye exams	✓	✓	✓	✓	✓
Flu vaccine	✓	✓	✓	✓	✓
Mental health evaluation	✓	✓	✓	✓	✓
Pap smears	✓	✓	✓	✓	✓
Cholesterol tests		✓	✓	✓	✓
EKGs		✓	✓	✓	✓
Colorectal cancer screenings			✓	✓	✓
Diabetes screenings			✓	✓	✓
Mammograms			✓	✓	✓
Bone density tests				✓	✓
Lung screenings for those at risk				✓	✓
Shingles vaccine				✓	✓
Abdominal aortic aneurysm imaging					✓
Pneumonia vaccine					✓

NortonHealthcare.com/SelfCare

(502) 629-1234 (Option 3)

#HealthCareIsSelfCare

Ask your primary care provider for recommendations based on your age, personal needs/goals, and underlying risk factors.

\*Source: American Heart Association



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