









Preventive Health Checklist: **Women**

*An easy guideline to
keep you on top of
important screenings
and immunizations.*



Preventive **Health** Checklist: **Women**



SCREENING	<i>Date</i>	<i>Results</i>	<i>Date</i>	<i>Results</i>
 Blood Pressure	_____	_____	_____	_____
	_____	_____	_____	_____
 Blood Sugar	_____	_____	_____	_____
	_____	_____	_____	_____
 Bone Density Scan for Osteoporosis	_____	_____	_____	_____
	_____	_____	_____	_____
 Cholesterol	_____	_____	_____	_____
	_____	_____	_____	_____
 Colonoscopy	_____	_____	_____	_____
	_____	_____	_____	_____
 HIV Testing	_____	_____	_____	_____
	_____	_____	_____	_____

SCREENING*Date**Results**Date**Results***Mammogram**

**PAP Smear**

IMMUNIZATIONS*Date**Results**Date**Results***Flu Vaccine
(Influenza)**

**HPV (Human
Papilloma Virus)**

**Pneumonia
Vaccine
(Pneumococcal)**

**Shingles
Vaccine
(Zoster)**

**Tetanus Booster**
