

CHECKLIST

Women's screenings and tests

Regular screenings and tests to talk to your GP about or learn how to do at home and track over time.

01

Check your numbers

- Measure waist-to-hip ratio regularly from your 20s
- Check blood pressure every 2 years after 18
- Get cholesterol tested every 5 years from 45
- Monitor blood sugar starting in your 20s

02

Check your senses

- Book comprehensive eye exams every 3 years (annually after 65)
- Test hearing every 2–3 years (annually after 50)
- Schedule dental check-ups every 6 months

03

Check down under

- Discuss STI screening frequency with your doctor based on risk
- Self-check testicles regularly for lumps or changes
- Discuss prostate cancer testing with your GP from 50 (or 40 with family history)

04

Check for cancer

- Use bowel cancer screening kits from age 45
- Get annual skin checks from your 20s
- Perform regular skin self-checks and see your GP if anything unusual appears

05

Check your heart

- Ask for a Heart Health Check from age 45
- Monitor key heart markers annually
- Consider advanced testing if recommended

06

Check your mind

- Use online mental health screening tools for self-assessment
- Seek professional support if symptoms persist
- Talk openly about mental wellbeing with trusted people or your GP

07

Check your mobility

- Prioritise good sleep, balanced nutrition, regular exercise, stress management, and social connection
- Make lifestyle changes to reduce risk of chronic disease and improve wellbeing

Read the full article on women's health checks at: <https://mfm.au/blog/womens-annual-health-checks/>

Aboriginal or Torres Straight Islander? Ask your healthcare provider about the free 715 Health Check. It's designed to support the physical, social and emotional wellbeing of First Nations people of all ages.

Foundational habits: You can take control of your health destiny with tweaks to your daily habits. Read more about [Foundational Habits](#) for long term health.