



Breast

- Mammogram up to date
(typically starting around age 40–50 depending on risk)
- Family history reviewed
- Genetic testing if needed?

Cervical

- Pap test or HPV testing up to date
- Screening interval confirmed

Colon

- Screening started
(typically age 50)
- Stool test
(completed every 2 years)
- Family history or symptoms reviewed

Cardiometabolic Health

- Blood pressure checked
- Lipid panel
- Diabetes screening
(fasting glucose or A1C)
- Waist circumference
(or weight trends reviewed)
- Cardiovascular risk factors discussed
(family history, smoking, activity level)

Perimenopausal/Menopausal Health

- Changes in menstrual cycle
- Symptoms discussed
- Options for symptom management reviewed

Sleep & Mental Health

- Sleep quality and duration discussed
- Screening for sleep apnea if indicated
- Mood, anxiety, and stress reviewed

Bone Health

- Bone density screening discussed
(earlier if risk factors)
- Calcium and vitamin D intake reviewed
- Risk factors assessed
(smoking, menopause, family history, low body weight, medications, history of fracture)

Cigarette Smokers

- Low Dose CT
(lung screening age 55-74)