

# Why are health checks so important for women?

By getting regular health check-ups, you can detect and treat health issues early, prevent health issues from developing in the first place, and have peace of mind knowing that you are in good health.

## We recommend the following health checks for you:

<b>Blood pressure screening</b>	<ul style="list-style-type: none"><li>• With every consultation.</li></ul>
<b>Blood glucose test</b>	<ul style="list-style-type: none"><li>• From age 20 with every consultation.</li></ul>
<b>Cholesterol check</b>	<ul style="list-style-type: none"><li>• With every consultation.</li></ul>
<b>Cervical cancer screening</b>	<ul style="list-style-type: none"><li>• 21 to 29 years old to get Pap smear tests, repeat every 3 years (unless otherwise indicated by your doctor).</li><li>• 30 to 65 years old, begin co-testing (Pap smear test combined with HPV test) every 5 years, or get a Pap smear test every 3 years (discuss your options with your doctor).</li><li>• 65+ years old, stop screening if you have had normal results for several years.</li></ul>
<b>Pap smear and Pelvic exam</b>	<ul style="list-style-type: none"><li>• From age 21, every 3 years.</li></ul>
<b>Mammogram</b>	<ul style="list-style-type: none"><li>• From age 40, every 2 years.</li></ul>
<b>Breast exams</b>	<ul style="list-style-type: none"><li>• From puberty conduct breast self-examination every month, 3 to 5 days after your periods.</li></ul>

<b>Bone density screening</b>	<ul style="list-style-type: none"><li>• Test at age 65.</li></ul>
<b>Colon cancer screening</b>	<ul style="list-style-type: none"><li>• From age 50.</li></ul>
<b>Body mass index</b>	<ul style="list-style-type: none"><li>• Annually.</li></ul>
<b>Dental check-up and cleanings</b>	<ul style="list-style-type: none"><li>• Twice yearly.</li></ul>

If you have any questions, or need guidance, talk to one of our healthcare providers closest to you. Also rest assured that you are covered for any of the above tests as per our 2025 benefit schedule.

