



Your Health, Your Future

Cervical Cancer Wellness Guide

A well-woman visit is an annual appointment where your healthcare provider checks your general health and addresses any medical concerns or questions you may have.

**Be prepared for your
next doctor's appointment.**

What to expect



At your wellness appointment, your exam could include:

- A physical exam, that may include monitoring blood pressure, weight, height or other health measurements
- A cervical cancer screening exam (Pap or Human Papillomavirus [HPV] tests)
- Detection and screening for other diseases (cardiovascular, diabetes, osteoporosis, thyroid, bone density, breast or other cancers)
- Health status evaluation and counseling



Cervical Cancer Screening

- When should I be screened for cervical cancer?
- Can I have an HPV DNA test today, instead of a Pap? How often do you recommend I get an HPV test?
- I want an HPV test that detects HPV 16 and 18, how do I get it?
- If my results are positive, what is the next step?

General questions



- What other screenings are important for me to know about?
- Do I need any important shots?
- How can I protect myself from HIV and other STDs?
- Where can I get help for a mental health issue?
- How can I get more physical activity?
- What form of birth control is right for me?
- How can I incorporate more healthy eating habits into my diet?
- Given my family history, am I at a higher risk for certain diseases or illnesses?

Other topics



You and your doctor can also discuss other health topics, including:

- Family planning
- Exercise and nutrition
- Personal issues (sex, depression, mood disorders, violence)
- Menopause management



Goals of a well-woman visit

- ✓ Document your health habits and history
- ✓ Get a physical exam
- ✓ Set health goals

For more information, visit
cervicalcancer-risk.com

© 2020 Roche Molecular Systems, Inc.
4300 Hacienda Drive
Pleasanton, CA 94588 USA

PP-GBL-00525 06/2020

Roche