

Annual Gynecological Wellness Guide

Be prepared for your next doctor's appointment

The annual wellness visit is where your doctor checks your general and reproductive health and addresses any health concerns or questions you may have.

What to expect



- You will be asked questions about your current medications, sexual history, menstrual cycle, surgeries, mental and physical health, and drug and alcohol use.
- In addition to a standard physical exam, you may receive a cervical exam, pelvic exam, and clinical breast exam.
- Screening for other conditions (sexually transmitted infections (STIs), bone density, diabetes, osteoporosis, thyroid, etc.)

Questions to ask



- What tests or screenings should I have this year?
- How often do I need to be screened for STIs and cervical cancer?
- What are my options to prevent pregnancy and STIs?
- Given my family and personal history, am I at a higher risk for specific diseases or illnesses?
- When should I schedule my next appointment?

Other health topics you and your doctor can discuss



- Family planning
- Exercise and nutrition
- Personal issues (abuse, mental health, sexual intercourse, and more)
- Menopause management
- Osteoporosis prevention

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