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WHAT TO EXPECT AT YOUR WELL-WOMAN EXAM

Partnering with a healthcare provider is an important part of being your own best health advocate. However, we know that your annual well-woman exam can sometimes be anxiety-inducing and uncomfortable. Making time to see your healthcare provider every year, even when you feel healthy, is critical to maintaining your breast and ovarian health. Here's a breakdown of everything you should expect during your exam, so you can put your mind at ease and approach your next appointment with confidence!

A STANDARD PHYSICAL: This typically includes height, weight and blood pressure.

FAMILY & PERSONAL HEALTH HISTORY COLLECTION: You may fill out a form or chat with a provider about your health history. This information should be updated annually.

CLINICAL BREAST EXAM: Clinical breast exams are optional, but plan to have a conversation with your healthcare provider about if this makes sense for you and your health. A breast exam only lasts a few minutes and can help protect you from any surprises when it comes to breast cancer.

MAMMOGRAM: Plan to talk to your healthcare provider about starting mammograms at age 40. But, if you have a first-degree relative who was diagnosed with breast cancer, you should schedule your first mammogram when you are 10 years younger than the age at which your relative was diagnosed. So, if your mom was diagnosed at 45, talk to your doctor about starting mammograms at 35.

NO TWO EXAMS ARE ALIKE! Everyone has a different family health history, personal health history, and lifestyle—so your exam will not look like someone else's! **To help guide a more personalized provider-patient conversation,** go to [AssessYourRisk.org](https://www.brightpink.org/assessyourrisk) and complete our breast and ovarian cancer risk assessment. Print out your quiz results as use them as a conversation starter at your appointment.

HELPFUL TIPS

- ★ **No matter your gender identity,** you should be seeing a healthcare provider annually for this routine visit if you have a vulva, breasts, or a uterus.
- ★ **Under the Affordable Care Act,** the annual well-woman exam is completely covered by insurance.

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