

HOLOGIC

Well Woman Exam

Supercharge your wellness.
Schedule a yearly evaluation of
your women's health status.



What is it?

Your Well Woman exam is an annual preventative health visit with your healthcare provider. It involves a physical exam and discussion around testing, menstrual health, counseling or immunizations you may need depending on your age, lifestyle and medical history.

Test your knowledge of the importance of the Well Woman exam and stay in the know at screeningsforher.com



What to Expect

You may need to fill out a medical history form about yourself and your family. Once your healthcare provider reviews this, they will talk with you about your present-day life.

Uterine Health¹

- Menstruation (your period)
- Irregular, disruptive or abnormally heavy periods
- Pregnancy and family planning
- Menopause (the end of your period)

Sexual Activity^{1, 2, 11}

- Contraception options and safe sex practices
- Counseling and assistance with sexual abuse or assault
- Sexually transmitted infections (STI) awareness and testing

Nutrition and Exercise^{1, 2}

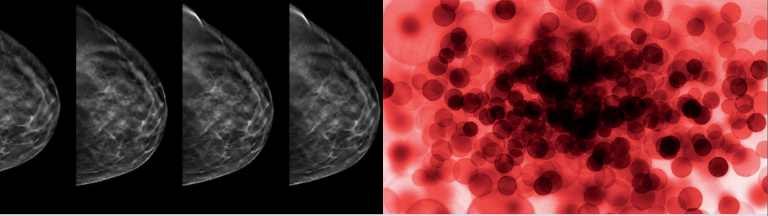
- Exercise and diet
- Diet and unusual weight gain or loss
- Problems with eating disorders

Mental and Emotional Health^{1, 2}

- Relationships with friends, family, partners
- Depression or anxiety
- Big changes in work or personal life
- Gender or identity

What is AUB?

Abnormal uterine bleeding is heavy menstrual bleeding lasting more than 7 days. It may require double protection and disrupts the quality of life.³ It's estimated that about 10 million women — 1 in 5 — are affected by heavy periods.³



Physical Exam and Screening

Your physical exam gives your provider a good idea of your overall health and whether you're at risk for any health problems. Exams and screening may include:

Basics²

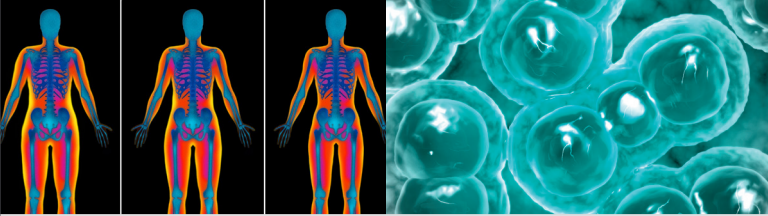
- **Height/weight/blood pressure measurements.**
- **Check your risk for:**
 - › Heart disease
 - › Thyroid disorder
 - › Diabetes
 - › Obesity

Breast Exam²

- **Clinical Exam:** A physical exam during which your provider will circle your breasts and feel for lumps or other unusual tissue.
- **Mammogram:** An X-ray of your breasts to detect abnormalities that may not be obvious from a clinical exam. There is varying information about when to start a mammogram and how often you receive them.

Early detection saves lives.

Ask your doctor whether it's time for you to get a mammogram. When cancer is detected early, the 5-year survival rate is nearly 100%.^{4,5}



Pelvic Exam¹

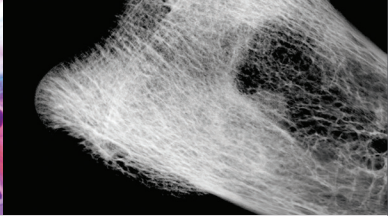
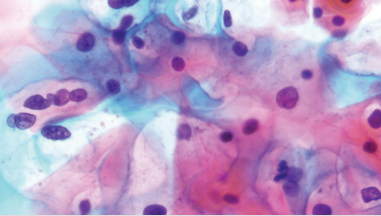
During your external pelvic exam, your healthcare provider will visually examine the outside of your genital area and feel your abdomen for lumps or anything out of the ordinary. You may also receive an internal exam, enabling your provider to better examine your reproductive organs and take any samples needed for testing.

STI Testing^{2, 11}

STI testing is an important part of protecting your health and fertility. Your provider may recommend certain testing based on your age, while other tests may be right for you depending on the presence of symptoms or if you have an increased level of risk.

For example, abnormal discharge or other symptoms could be a sign of an underlying infection or STI, so it's important to talk to your doctor to get accurately diagnosed and treated.

- **Chlamydia and gonorrhea** are common STIs that can be present with or without symptoms. Without treatment they can lead to infertility.^{6,7}
- **Trichomoniasis, bacterial vaginosis (BV) and yeast infections** are common causes of vaginitis, which is inflammation of the vagina. Vaginitis can cause itching, abnormal discharge and discomfort. Trichomoniasis is an STI, while BV and yeast infections are not. Untreated trichomoniasis is linked to pregnancy complications and a higher chance of being infected with other STIs.^{8,9}
- **Other types of STIs** your provider may talk to you about include herpes, *Mycoplasma genitalium* (M. gen), syphilis, HIV, hepatitis B and more.



Physical Exam & Screening (continued)

Cervical Cancer Screening²

There are several tests for cervical cancer screening:

- **Pap Test:** A Pap test involves a sample of cells taken from your cervix (the top part of the vaginal canal that connects the uterus). The sample is examined to check for pre-cancerous and cancerous cells. If you are 21-29 years old, Pap testing alone is recommended.
- **Pap + HPV Together (co-testing):** Pap + HPV together combines Pap testing with HPV testing, allowing your provider to determine whether you have human papillomavirus (HPV), the virus responsible for most cervical cancers. If you are 30-65 years old, Pap + HPV together is recommended.*

Colorectal Cancer Screening²

Colorectal cancer screening detects colon and rectum cancer. A colonoscopy is the most common type of screening method, in which a small camera examines your colon. There are other colorectal cancer screening options you may discuss with your provider.

Bone Density Testing²

The bone density test helps estimate the density of your bones and your chance of breaking one. You receive this test if you are 65 years or older, or younger than 65 and past menopause with a high risk of fractures. Your provider can discuss ways to protect your bone health, including levels of calcium and Vitamin D levels appropriate for your age.

*There are two additional screening methodologies also recommended in this age group. For more information, see the April 2021 ACOG Practice Advisory. (<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2021/04/updated-cervical-cancer-screening-guidelines>)

What's Right for You?

The American College of Obstetricians and Gynecologists (ACOG) recommends different types of tests and immunizations depending on your age.¹ If you have certain risk factors, you may need additional exams or tests.¹ Your provider will help you determine what is appropriate.





Adolescents

13-18 years¹

If you are 13-18 years old, you may be transitioning from pediatric care and building a relationship with a new healthcare provider.

STI Testing¹¹

Get tested for chlamydia, gonorrhea and HIV if you are sexually active. You may require testing for other STIs depending on your behaviors.

Evaluation and Appropriate Testing

Your provider will evaluate your risk for certain diseases and take a general evaluation of your health.

Menstrual Health Counseling

Your provider will cover best practices and expectations for normal versus abnormal periods.

Immunizations¹²

You may require immunizations for diphtheria, hepatitis B, HPV, influenza, measles, meningitis and varicella.

Visual Exam

Your provider will perform a visual examination of your breasts and pelvic area when appropriate.

Speak with your provider to determine what tests, contraception and immunizations are right for you and how often you should receive them.



Adult Women

Age 19-39 years¹

Your Well Woman visits during ages 19-39 may include family planning, contraception discussion, the beginning of cervical cancer screening and more.

STI Testing¹¹

Receive annual chlamydia and gonorrhea testing if you are sexually active and younger than 25 years old or if you are age 25 or older with additional risk factors. You may also require HIV testing.

Cervical Cancer Screening^{2, 10}

If you are age 21-29, screening with a Pap test is recommended. If you are age 30-65, Pap + HPV together (co-testing) is recommended.*

Menstrual Health Counseling¹

Your provider will cover best practices and expectations for normal versus abnormal periods.

Breast Exam²

Begin annual clinical breast exams at age 20. Practice breast awareness and discuss any changes with your provider. If you are at high-risk for breast cancer due to personal or family history, talk with your provider to determine if genetic testing and early mammograms are right for you.

Immunizations¹³

You may receive immunizations for diphtheria, HPV, influenza, measles, meningitis and varicella.

*There are two additional screening methodologies also recommended in this age group. For more information, see the April 2021 ACOG Practice Advisory. (<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2021/04/updated-cervical-cancer-screening-guidelines>)



Mature Women

40-64 years¹

If you are between 40-64 years old, you will continue some screening you've done previously and start other screenings.

Breast Exam²

At age 40, you may begin annual mammograms. You should also receive a yearly clinical breast examination and continue at-home exams.

Cervical Cancer Screening^{2, 10}

If you are 30-65 years old, Pap + HPV together (co-testing) is the recommended screening method.*

Menstrual Health Counseling¹

Your provider will cover best practices and expectations for normal versus abnormal periods, as well as post-menopausal bleeding.

Bone Density Testing²

Bone density testing is recommended if you are either postmenopausal or if you are younger than 65 and past menopause with a high risk of fractures.

Immunizations¹³

Your immunizations may include diphtheria, herpes, influenza, measles and varicella.

Other Screening²

- Colonoscopy or alternative test
- Diabetes testing
- Lipid profile assessment
- Hepatitis C testing: Once for women born between 1945-1965 who are unaware of their infection status
- HIV and other STI testing when appropriate

*There are two additional screening methodologies also recommended in this age group. For more information, see the April 2021 ACOG Practice Advisory. (<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2021/04/updated-cervical-cancer-screening-guidelines>)



Senior Women

65 years and older

If you are age 65 or older, you may stop some screenings and begin others for the first time.

Cervical Cancer Screening^{2, 10}

Women over 65 years do not require screening after adequate negative results.

Menstrual Health Counseling¹

Your provider will cover best practices and expectations for normal versus abnormal periods, as well as post-menopausal bleeding.

Bone Density Testing²

If you are 65 years or older, you should undergo bone density testing.

Breast Exam²

You will continue to receive a yearly mammogram and clinical breast examination if you are 65-74 years old, while you continue conducting monthly at-home breast exams. If you are 75 or older, speak to your healthcare provider to determine if you should continue exams.

Immunizations¹³

Your provider may provide vaccinations for diphtheria, herpes, influenza, pneumonia and varicella.

Other Testing

- Colonoscopy or colorectal screening
- Diabetes testing
- Lipid profile assessment
- Hepatitis C testing: Once for women born between 1945-1965 who are unaware of their infection status
- Thyroid-stimulating hormone testing
- Urinalysis

Is There a Co-pay For my Well Woman Exam?

It's covered under the Affordable Care Act.*¹⁴

This may mean:

- ✓ No co-pay
- ✓ No deductible
- ✓ No out-of-pocket cost

Schedule your Well Woman exam today.

Date:

Time:

Doctor:

*Patients should consult their healthcare plans to verify coverage.

References: **1.** ACOG. Well-Woman Visit. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/10/well-woman-visit>. Published October 2018, Reaffirmed 2024. Accessed February 21, 2025. **2.** Women's Preventative Services Initiative. https://www.womenspreventivehealth.org/wp-content/uploads/FINAL_2024-Well-Woman-Chart-English.pdf. Updated January 2024. Accessed February 21, 2025. **3.** CDC. About Heavy Menstrual Bleeding. <https://www.cdc.gov/female-blood-disorders/about/heavy-menstrual-bleeding.html>. Reviewed May 15, 2024. Accessed February 21, 2025. **4.** McDonald ES, Oustimov A, Weinstein SP, et al. Effectiveness of Digital Breast Tomosynthesis Compared With Digital Mammography. *JAMA Oncol*. 2016. **5.** National Breast Cancer Foundation, Inc. Stage 0 Breast Cancer Overview, National Breast Cancer Foundation, Inc. <https://www.nationalbreastcancer.org/breast-cancer-stage-0/>. Medically reviewed June 15, 2023. Accessed February 24, 2025. **6.** CDC. About Chlamydia. <https://www.cdc.gov/chlamydia/about/index.html>. Reviewed January 31, 2025. Accessed February 21, 2025. **7.** CDC. About Gonorrhea. <https://www.cdc.gov/gonorrhea/about/index.html>. Reviewed January 31, 2025. Accessed February 21, 2025. **8.** CDC. About Bacterial Vaginosis (BV). <https://www.cdc.gov/bacterial-vaginosis/about/index.html>. Reviewed December 11, 2023. Accessed February 21, 2025. **9.** ACOG. Vaginitis-FAQ. <https://www.acog.org/womens-health/faqs/vaginitis>. Updated September 2023. Accessed February 21, 2025. **10.** ACOG. Updated Cervical Cancer Screening Guidelines. <https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2021/04/updated-cervical-cancer-screening-guidelines>. Released April 2023. Reaffirmed April 2024. Accessed February 21, 2025. **11.** Workowski KA, et al. Sexually Transmitted Infections, 2021. *MMWR Recomm Rep* 2021;70. **12.** CDC. Child and Adolescent Immunization Schedule by Age. <https://www.cdc.gov/vaccines/hcp/imz-schedules/child-adolescent-age.html>. Reviewed November 21, 2024. Accessed February 21, 2025. **13.** CDC. Adult Immunization Schedule by Age. <https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html>. Reviewed November 21, 2024. Accessed February 21, 2025. **14.** HealthCare.gov. <https://www.healthcare.gov/glossary/co-payment/>. Accessed January 10, 2025.

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