



Health Tips from HealthPerks

Your 20s are a time of great discovery, opportunity and living a full and vibrant life. From prioritizing relationships and starting a family to pursuing multiple interests and passions, making the most of your 20s demands energy and good health. But staying healthy and well — now and for the next 50 to 60 or more years — requires good habits, as well as regular and preventative care. Start with these tips and reminders now, and you'll be well on your way to a lifetime of healthier living.

New Areas of Focus and Consideration in Your 20s

- Sexually transmitted infection (STI) testing, including HIV
- Sexual health and safety
- Birth control planning
- Preconception and prenatal health and planning
- Diet and lifestyle assessment, including alcohol consumption and exercise habits
- Family health history review and risk assessments
- Baseline cholesterol screening
- Baseline skin assessment
- Clinical breast exam

Ongoing General Health Priorities

- Changes in height, weight, pulse and blood pressure
- Mental and emotional health evaluation, including stress
- Sleep habits
- Pelvic exam and pap test
- Oral health



Recommended Check-ups, Screenings and Immunizations for Women in Their 20s

Of course, every woman is different and may have unique medical risks and concerns. It's important to develop a trusting relationship with your doctor and together determine how to best prevent, monitor or treat health issues and risks. The following important guidelines can help you manage your health with your doctor's recommendations.

Screening/Description	Starting Age	Frequency
General Check-ups and Screenings		
Complete primary care check-up	Ongoing	Yearly
Blood pressure and pulse	Ongoing	Yearly
Cholesterol panel (total, HDL, LDL, triglycerides)	Baseline in your 20s	Every 2-5 years, as recommended by doctor
Blood glucose and A1C tests	When recommended if at risk	Every 1-3 years based on risk
Thyroid function (TSH; possibly T ₃ , T ₄ , free T ₄)	When issue is suspected	As recommended by doctor
Mental and behavioral health assessment	Ongoing	Yearly
Sleep habits and issues	Ongoing	Yearly
Gynecological Health and Breast Screening		
Pelvic exam	By age 20	Yearly
Pap smear	By age 20	Every 1-2 years, as recommended by doctor
Contraception review/update	When sexually active	As recommended by doctor
Conception and maternity	When needed	As needed
Sexual health evaluation	When sexually active	Yearly
STI screening	When needed	As recommended based on risk
Other Specialty Check-ups and Screenings		
Hearing check	When needed/symptomatic	As recommended by doctor
Vision check	When needed/symptomatic	As recommended by doctor
Skin check	Baseline by age 20	Yearly, or as recommended by doctor
Immunizations		
Flu shot	Ongoing	Yearly
Tetanus, diphtheria, pertussus (Tdap) booster	Ongoing	While pregnant or every 10 years
Measles, mumps, rubella (MMR) booster	Depends on vaccination date	One time, if needed
Hepatitis A&B	When at risk	After three doses, protection lasts 25 years
HPV vaccination	Before age 26, unless vaccinated as a teenager	No further boosters after initial two doses
Specific vaccinations required for some foreign travel	When recommended	As recommended by doctor