



Health Tips from HealthPerks

Women in their 30s are often so busy building careers, nurturing relationships or taking care of family that their own health and wellness can take a back seat to other responsibilities. This is also the decade when many women are starting or growing their family, which means changing healthcare needs. No matter what your family plans are, this is the time to commit to good habits — as well as regular and preventative care — to protect your health now and into the future. These tips and reminders are a great place to start.

New Areas of Focus and Consideration in Your 30s

- Preconception and prenatal health and planning
- Changing birth control needs
- Fluctuating hormones and management
- Nutrition and diet assessment, including daily supplements
- Bone and joint protection
- Cholesterol screening
- Heart health and stroke awareness
- Thyroid function evaluation
- Additional screenings based on personal and family history

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
- Sexual health
- Breast exam
- Skin health/evaluation
- Vision and hearing
- Oral health



Recommended Check-ups, Screenings and Immunizations for Women in Their 30s

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) | Before 30 | 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) | Baseline by age 30 | As recommended by doctor |
| Mental and behavioral health assessment | Ongoing | Yearly |
| Sleep habits and issues | Ongoing | Yearly |
| Gynecological Health and Breast Screening | | |
| Pelvic exam | Before 30 | Yearly |
| Pap smear | Before 30 | 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 |
| Hormone levels | When needed/symptomatic | As recommended by doctor |
| STI screening | When needed | As recommended based on risk |
| Clinical breast exam | By age 30 | Yearly |
| 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 | Before 30 | 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 |
| Specific vaccinations required for some foreign travel | When recommended | As recommended by doctor |