



Health Tips from HealthPerks

For most women, good health doesn't just happen. It requires good habits, regular and preventative care, and a commitment to making health a priority. Women in their 40s face changing healthcare needs, and these tips and reminders can help keep you healthy and well.

New Areas of Focus and Consideration in Your 40s

- Heart health awareness, prevention and screening
- Stroke risk assessment
- Diabetes risk assessment and baseline testing
- Thyroid function evaluation
- Bone health and bone density preservation
- Peri-menopause and menopause management, including hormones
- Breast cancer screening
- Vision changes, glaucoma and cataract screening

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
- Cholesterol screening



Recommended Check-ups, Screenings and Immunizations for Women in Their 40s

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 40	Every 2-5 years, as recommended by doctor
Blood glucose and A1C tests	By 45; earlier if at risk	Every 1-3 years based on risk
Thyroid function (TSH; possibly T ₃ , T ₄ , free T ₄)	Before 40	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 40	Yearly
Pap smear	Before 40	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
Menopause, peri-menopause and hormone levels	When needed/symptomatic	As recommended by doctor
STI screening	When needed	As recommended based on risk
Clinical breast exam	By age 40	Yearly
Mammogram	At age 40	Yearly
Other Specialty Check-ups and Screenings		
Hearing check	When needed/symptomatic	As recommended by doctor
Vision check	Baseline by 45	As recommended by doctor
Skin check	Before 40	Yearly, or as recommended by doctor
Immunizations		
Flu shot	Ongoing	Yearly
Tetanus, diphtheria, pertussis (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