



Health Tips from HealthPerks

Women in their 70s know how important it is to stay connected and engaged. Chances are, once you reach this age, you value every relationship and appreciate the slower pace of life that allows you to stop and smell the roses. You can look forward to every day with a healthy and joyful outlook by continuing to prioritize wellness and self-care. These tips and reminders can help.

New Areas of Focus and Consideration in Your 70s and Beyond

- Joint pain and movement evaluation and treatment, including surgery
- Memory and dementia evaluation
- Sexual health changes, including painful intercourse
- Bone density health and treatment
- Home safety evaluation
- Nutritional/diet assessment
- Determine long-term care goals and designate health care proxy

Ongoing General Health Priorities

- Changes in height, weight, pulse and blood pressure
- Cholesterol screening
- Mental and emotional health evaluation, including stress
- Sleep habits
- Medicine review/evaluation
- Pelvic exam and pap test
- Breast exam
- Skin health/evaluation
- Vision and hearing
- Oral health
- Diabetes screening



Recommended Check-ups, Screenings and Immunizations for Women in Their 70s and Beyond

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 70	Every 2-3 years, as recommended by doctor
Blood glucose and A1C tests	Before 70	Every 1-3 years based on risk
Thyroid function (TSH; possibly T ₃ , T ₄ , free T ₄)	Before 70	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 70	Yearly, or as recommended by doctor
Pap smear	Before 70	Every 1-3 years, as recommended by doctor
Sexual health evaluation	When sexually active	Yearly
STI screening	When needed	As recommended based on risk
Clinical breast exam	Before 70	Yearly
Mammogram	Before 70	Yearly, or as recommended by doctor
Other Specialty Check-ups and Screenings		
Colonoscopy	Before 70	Every 5-10 years, based on results
Hearing check	Before 70	As recommended by doctor
Vision check	Before 70	Every 1-2 years, or as recommended by doctor
Skin check	Before 70	Yearly, or as recommended by doctor
Bone density screening	Before 70	Every 10 years, or as recommended by doctor
Immunizations		
Flu shot	Ongoing	Yearly
Tetanus, diphtheria, pertussus (Tdap) booster	Ongoing	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