

# In Your 30s

Now is the time to create a strong foundation to protect your health into the future.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

## General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).

## Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

## Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

## Breast health

- **Breast self-exam** — Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.

- **Clinical breast exam** — At least every three years.

## Reproductive health

- **Pap test** — At least every three years.
- **Pelvic exam** — Yearly.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners.

## Mental health screening

- Discuss with your doctor or nurse.

## Eye and ear health

- **Comprehensive eye exam** — Discuss with your doctor.
- **Hearing test** — Every 10 years.

## Skin health

- **Skin exam** — Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

## Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

## Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.
- **Human papillomavirus (HPV) vaccine** — If your vaccine series is incomplete, discuss with your doctor or nurse.
- **Meningococcal vaccine** — Discuss with your doctor or nurse if you are a college student or military recruit.

Sources: U.S. Department of Health and Human Services Office on Women's Health, Centers for Disease Control and Prevention



*I am  
health in*

# action