



Health checks for women

Welcome to our health checks guide. Please note that, depending on your risk factors and overall health, **you may need more frequent or additional checks**. Your healthcare provider can advise you based on your individual needs. If you notice any **new or unusual symptoms**, be sure to raise these with a medical professional.

General check-up	Once a year
Cervical screening (smear test)	<p>Age 21-29: every 3 years Age 30-65:</p> <ul style="list-style-type: none"> • Smear test and HPV test every 5 years or • Smear test every 3 years or • HPV test every 5 years
STD screening	<p>Under 25 & sexually active: once a year or when you change partners 25 and over with risk factors*: once a year</p> <p>* eg multiple sexual partners, unprotected sex</p>
HIV test	13-64 years: at least once in your life or when you change partners
Mental health check	<p>Whenever you experience persistent mood changes that concern you or get in the way of life (eg anxiety, low mood, fatigue, or irritability) or have altered or unusual sleep patterns.</p> <p>Mood can be linked to hormone-related conditions such as PMDD and PCOS. Women in perimenopause or menopause can also be affected.</p>
Dental check	All ages: every 6 months
Eye test	<p>Under 65: dependent on risk factors (talk to your doctor to determine testing frequency) 65 and over: at least once a year</p>
Breast self-check	<p>All ages: once a month <u>Follow this guide on how to check your breasts</u></p>
Mammogram	<p>Age 50-74: every 2 years Younger ages: if you have risk factors or symptoms, talk to your doctor about a mammogram or other tests you should get.</p>

Skin self-check	All ages: once a month <u>Follow this guide on how to check your skin</u>
Blood pressure	20 and over: every 2 years. If your blood pressure is persistently above 120/80 mm Hg , you may need to test more frequently.
Cholesterol check	20 and over: every 4-6 years 40 and over: speak to your doctor about frequency
Diabetes screening	45 and over: once tested, if your results are normal, test every 3 years thereafter
Bone health review	65 and over: depending on your <u>risk factors</u>
Colorectal cancer screening	45 and over: <u>see detailed guidelines</u> on frequency of each test
Hearing test	18-40: every 3-5 years 60 and over: every year

Remember: depending on your risk factors and overall health, **you may need more frequent or additional checks**. Speak to your healthcare provider about your individual needs and if you notice any **new or unusual symptoms** at any point, make sure you raise these as well.

Need help with your health?

Bloomful's mission is to **improve the lives of millions** of women by making gynaecology care **accessible, affordable, and empowering**.

Visit our [services hub](#) to find out how **personalised support** can help you overcome your health hurdles and find physical and emotional balance.