

What to ask



Cervical Cancer Screening

- When should I be screened for cervical cancer?
- Do I need an HPV test today, along with my Pap? How often do you recommend I get an HPV test?
- I want an HPV test that detects HPV 16 and 18, how do I get it?
- If my results are positive, what is the next step?

Goals of a well-woman visit

- ✓ Document your health habits and history
- ✓ Get a physical exam
- ✓ Set health goals

For more information, visit
www.hpv16and18.com/hpv-labs



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Your Health, Your Future

Women's Wellness Guide

A well-woman visit is an annual appointment where your doctor checks in on your general health and addresses any health concerns or questions you may have.

**Be prepared for your
next doctor's appointment.**

What to expect



At your doctor's appointment, your exam could include:

- A physical exam (monitoring blood pressure, height and weight)
- A cervical cancer screening exam (Pap and/or human papillomavirus [HPV] tests)
- Detection and screening for other diseases (diabetes, cardiovascular, osteoporosis, bone density, thyroid, breast and other cancers)
- Health status evaluation and counseling

General questions



- What other screenings are important for me to know about?
- Do I need any important shots?
- How can I protect myself from HIV and other STDs?
- Where can I get help for a mental health issue?
- How can I get more physical activity?
- What form of birth control is right for me?
- How can I incorporate more healthy eating habits into my diet?
- Given my family history, am I at a higher risk for certain diseases or illnesses?

Other topics



You and your doctor can also discuss other health topics, including:

- Family planning
- Exercise and nutrition
- Personal issues (sex, depression, mood disorders, violence)
- Menopause management

