Help Your Wellness Grow at Every Age With Preventive Care

Based on your age and risk factors, your healthcare provider may recommend testing that can provide valuable information, helping you to maintain good health and find certain diseases early when treatment is likely to work best.¹

Routine screening that may be ordered as part of your annual exam:

- Complete blood count
- Metabolic panel, which may include tests for diabetes, liver function and kidney function²
- Lipid panel, including cholesterol and triglycerides³
- Cervical cancer³
- Sexually transmitted infections²,³

Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- Infectious diseases¹, such as hepatitis B, hepatitis C, and human immunodeficiency virus
- Thyroid-stimulating hormone, if symptomatic⁴

Additional screening your healthcare provider may discuss with you:

- Hereditary cancer testing
- Colorectal cancer, beginning at age 45⁵
- Genetic testing/counseling, if you are considering pregnancy⁶

Adapted from Women’s Preventive Services Initiative Recommendations for Well-Woman Care Clinical Summary Tables (updated January 2021); The American College of Obstetricians and Gynecologists Committee Opinion 690; and, U.S. Preventive Services Task Force Recommendations.

References:


Always discuss what testing is right for you with your healthcare provider. Learn more: womenshealth.labcorp.com/patients/womens-health-wellness

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