



It's Your Time!

May 13–19, 2012

womenshealth.gov/whw

National Women's Checkup Day Fact Sheet

What is National Women's Checkup Day?

National Women's Checkup Day is a nationwide effort coordinated by the U.S. Department of Health and Human Services' Office on Women's Health to:

- Encourage women to visit health care professionals to receive or schedule checkups.
- Promote regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections, and other conditions.

When is National Women's Checkup Day?

The 10th annual National Women's Checkup Day will be held on Monday, May 14, 2012, during National Women's Health Week.

Why is it important for women to participate in this effort?

It is important for women to get regular checkups, because:

- Screening tests, such as mammograms and Pap tests, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier or more often than other women.

- Screenings and routine care can help women lower their risks of many health conditions, including heart disease.

How can women participate in this important event?

Women can participate in National Women's Checkup Day by:

- Contacting their current health care professionals to schedule checkups and get important screenings on National Women's Checkup Day.
- Discussing with their health care professionals which screenings and tests are right for them, when they should have them, and how often.
- Learning which screenings and immunizations they need and at what age at go.usa.gov/nH9.
- Taking the Checkup Day Pledge at go.usa.gov/nH5, and pledging to schedule at least one preventive health screening during May 2012.

For information about participating in National Women's Checkup Day and other National Women's Health Week activities, visit the National Women's Health Week website at womenshealth.gov/whw or call 800-994-9662 (TDD 888-220-5446).



U.S. Department of Health and Human Services
Office on Women's Health

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