

# 5 THINGS EVERYONE SHOULD KNOW ABOUT THEIR ANNUAL WELLNESS EXAM



**BOOK YOUR APPOINTMENT TODAY**  
at [ppgreatertx.org/cancelcervicalcancer](https://ppgreatertx.org/cancelcervicalcancer)

**1**

## **YOU NEED ONE**

Whether it's called a well-check, preventive exam, annual checkup or something else, and even if you don't identify as a woman or aren't sexually active, if you have breasts, a vagina or both, routine reproductive wellness exams are an important part of taking care of your body.

**2**

## **WHAT HAPPENS IN YOUR EXAM DEPENDS ON YOUR HISTORY AND AGE**

If you're 17 years old or younger, we'll provide you with a physical exam, if indicated, and may recommend the HPV vaccine if you haven't received it yet. As soon as you become sexually active, you'll receive the same physical exam as well as a conversation about birth control and STD testing. Once you're 21 or older, a pelvic exam, Pap smear and breast examination may be included. Other services based on your age and medical history may also be recommended.

**3**

## **IT'S MORE THAN JUST A CHECKUP**

Think of healthcare as self-care. An annual wellness exam gives you the chance to ask questions or discuss your sexual health with your provider. No question or concern is off limits. This is a great time to check in about your birth control plan, period symptoms, sex, vaginal and urinary tract health. You deserve to feel empowered and educated about your sexual health.

**4**

## **YOU SHOULD GET IT DONE ANNUALLY**

Not to be confused with a Pap smear, an annual wellness exam should be done each year to stay on top of your sexual and reproductive health.

**5**

## **YOU CAN TRUST PLANNED PARENTHOOD WITH YOUR ANNUAL WELLNESS EXAM**

Taking care of your body is one of the most important things you can do to ensure a healthy life. With more than 85 years of experience providing high-quality sexual and reproductive healthcare to Texans of all ages, we provide routine preventive exams with the compassion and time you need to take charge of your health. Call or schedule an appointment today. Same-day appointments are available in some locations.