



**It's Your Time!**

May 10–16, 2009

[www.womenshealth.gov/whw](http://www.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 a checkup.
- 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's Women's Checkup Day?

The 7th annual National Women's Checkup Day will be held on Monday, May 11, 2009, 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 others.
- 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 in several ways:

- Women should contact their current doctor or nurse or one of the participating health care professionals to schedule checkups and screening services on National Women's Checkup Day.
- During their checkups, women should discuss with their health care professionals which of the tests are right for them, when they should have them, and how often.
- Women can prepare themselves for their checkups with "A Checklist for Your Next Checkup," developed by the Agency for Healthcare Research and Quality of the U.S. Department of Health and Human Services, which can be found at <http://www.ahrq.gov/ppip/healthywom.htm>.
- Women can learn what screenings and immunizations they need and at what age at: <http://www.womenshealth.gov/whw/health-resources/screening-tool/>.
- Take the Checkup Day pledge at <http://www.womenshealth.gov/whw/check-up-day/> and pledge to schedule at least one of the preventive health screenings during May 2009.
- For information about hosting or participating in this and other National Women's Health Week activities, visit the National Women's Health Week web site at <http://www.womenshealth.gov/whw> or call 1-800-994-9662 (TDD 1-888-220-5446).

