**Employer Sponsored Activity: Preventive Care for Women**

Staying healthy is important and one way to do that is getting your preventive care. Screening tests help find diseases early, before you have symptoms. This is when diseases are easier to treat. Which screening tests you need, depends on your age, family history, your own health history and other risk factors. We are focusing on women’s health this month along with our Well Wisconsin Radio October session. Use the attached guidelines to have a conversation with your health care provider or a loved one, to make sure you or a loved one in your life is up to date with the screenings they need. In November, we will be covering men’s health.

**Check the box below if you are up to date with your screenings or you discussed preventive screenings with a loved one in your life.**

I completed the preventive screening Employer Sponsored Activity

Date completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please email completed checklist form to [wellness@uwgb.edu](mailto:wellness@uwgb.edu).

\**Find screening information and well-being resources about LGBTQ and gender non-binary health from the*[***Centers for Disease Control and Prevention***](https://www.webmdhealth.com/e.aspx?redirect=10e21AtNOpncacmJL5cHO6XCoSgSP4cjgSt3vIfOrNfI0bAKg1p1yGC1qvtNIGtT0chUlVCX4R6w1p1p1yKtVZZWsxzWlCtmABJaGUyVywH1qfv1qx2zvuAJraaaJQLQt9izvc1HinAYCXdQcq8huN&mrdid=c38423e49110ec118149005056865db0)*.*