Your health check cheat-sheet
for women

MONTHLY

Breast self-check   All ages

EVERY 3 MONTHS

Skin check

Perform regular self-checks, looking for new or changed spots. Speak to your GP if you notice anything suspicious. The Cancer Council recommends that people at higher risk of skin cancer should discuss a plan of how often they should check their skin with their doctor. They may need a full professional skin examination as often as every six months.

YEARLY

STI screening	Sexually active women of all ages should discuss with their GP about how often to screen for STIs.
Bone health	Once a year from age 45 or post-menopause
Dental check	All ages
Hearing test	Once a year from age 65
Vaccination review	At least once a year, all ages

EVERY 2-5 YEARS

Blood pressure	Every two years from age 18
Bowel cancer screening	Every two years from age 50 for the general population
Breast cancer screening mammogram	Every two years from age 50–74
Heart health check	At least every two years from age 45, or 30 for Aboriginal and Torres Strait Islander women
Diabetes screening	At least every three years from age 40

EVERY 5 YEARS

Cholesterol check

Every 5 years from age 45, or 30 for Aboriginal and Torres Strait Islander women.

Cervical screening (formerly Pap smear)

Every 5 years from age 25 to 70-74. Or two years from when you start having sex.

AS NEEDED

Pre-pregnancy care

As needed, once you are of childbearing age.

Eye test

From age 65, if/when you notice vision problems. Or, speak to your GP if you have a family history of eye problems.

Mental health check

If you are experiencing symptoms such as sadness, irritability, fatigue or anxiety; have had changes to your eating or sleeping habits; or have any other mental health concerns, speak to your GP.

Family history or increased personal risk factors may change how often/early you may have to do these check-ups. Always consult with a GP if you are uncertain or have been experiencing any symptoms.

Find more resources for your health journey
CLICK HERE