

How can I make the conversation with my provider more valuable?

For Women



For Women Under 40

Your 20s and 30s are an important time to build habits that support lifelong health. Use these questions to help shape your conversation with your provider.



General

- Based on my age and family history, is now the right time for a mammogram or other cancer screening?
- Should I do breast self-exams, and if so, how?
- How can I learn more about my family's history of disease to prevent my own?
- My menstruation is irregular. What can I do to have a more regular menstrual cycle?
- Are there preventive measures I should take now (supplements, lifestyle changes, screening) to reduce long-term risk?
- What are the recommended vaccines for travel at my age?
- Are there any foods I should avoid for better hormone health?
- How often should I get tested for STIs?
- Should I be worried about my thyroid? How do I know if I have thyroid disease?
- When and how often should I get a pelvic exam?

Mental Wellness

- I'm finding it hard to sleep. What can I do?
- What are some lifestyle changes I can make to improve sleep habits?
- I find myself forgetting things a lot. Should I be worried about memory problems?
- How can I incorporate breath work into my everyday routine?
- What are some symptoms of burnout I should be aware of?
- How can I better prioritize my mental health and rest?
- I have trouble concentrating on my work. What can I do?
- What are some lifestyle changes I should make to improve concentration at work?
- Are there habits I should incorporate into my routine to support work-life balance?

For Women Under 60

Your 40s and 50s are a critical time to stay ahead of both physical and mental health. Use these questions to make sure you're covering all the bases.



General

- Which health screenings or preventive tests do I need now?
- Based on my age and family history, is now the right time for a mammogram or other cancer screening?
- What is the likelihood that I will develop the same illness(es) as my parents?
- Should I be performing skin checks on myself regularly?
- How can I ensure I maintain bone and muscle mass as I age?
- Are there preventive measures I should take now (supplements, lifestyle changes, screening) to reduce long-term risk?
- Given my diet and lifestyle, do you recommend bone-health labs or vitamin D/calcium testing now?
- What are some early signs of pre-menopause or menopause, and how can I plan to manage symptoms?
- Is hair loss normal for my age?

Mental Wellness

- What are some habits I can implement to better manage stress levels?
- How can I ensure I'm getting quality sleep for my age and lifestyle?
- We have a family history of Alzheimer's. At what age should I start looking out for symptoms?
- What lifestyle changes can I make to wake up more rested?
- Are there any lifestyle changes or practices that can help reduce stress and anxiety?
- How can I cope with the emotional challenges that come with aging?
- How can I manage and reduce feelings of loneliness or isolation?
- Are there habits I should incorporate into my routine to support work-life balance?

For Women 60+

Your 60s are a great time to focus on habits that keep you strong and healthy. Use these questions to spark conversation about ways to improve your lifestyle.



General

- What can a bone density scan tell me about my health?
- Are there warning signs or key indicators of osteoporosis or related issues I should watch out for?
- Based on my age and family history, is now the right time for a mammogram or other cancer screening?
- Are there any early signs or symptoms of Alzheimer's I should be aware of?
- Do I still need a PAP test even though I've been through menopause?
- How do I know if I've lost any muscle strength or endurance?
- Is joint pain and stiffness typical at this stage?
- How can I continue to prevent future issues from arising?
- Which health screenings or preventive tests do I need now?
- Given my diet and lifestyle, do you recommend bone-health labs or vitamin D / calcium testing now?

Mental Wellness

- I'm struggling with post-menopause symptoms. Is this normal?
- How does the aging process impact mental health for women at my age?
- How can I get my family/grandkids involved in helping me better my health?
- How can I identify and address any potential age-related cognitive changes or memory difficulties?
- What are some practical ways I can incorporate relaxation techniques or stress-reducing activities into my daily routine?
- How can I stay socially connected and build meaningful relationships to combat feelings of depression?
- How can I ensure I'm getting quality sleep for my age and lifestyle?