



# Top health tips for women

Keeping up with regular preventive screenings and making simple lifestyle changes can help you stay healthy and fit. We have compiled the top health tips, just for women, to help you improve and maintain your health starting now.

**Schedule regular check-ups.** Your primary care doctor can help monitor general health changes and your gynecologist can help monitor breast and pelvic changes.

**Perform breast self-exams.** Beginning in their 20s, women should perform self-examinations.

**Take care of your heart.** Your doctor can help you monitor your blood pressure, cholesterol, and other risk factors and discuss heart-healthy lifestyle habits like getting regular exercise, eating right and limiting alcohol. *[Mayo Clinic, 2018]*

**Learn your family history.** It can be a risk factor for diabetes, cancer and other diseases.

**Get preventive screenings.** Talk to your doctor about when and how often to have the following screenings based on your specific risk factors, family history and age: pap smear for cervical cancer, mammogram for breast cancer, bone density screening for osteoporosis

**Exercise regularly.** Strive for both resistance training (at least 2 days per week) and cardio activities (at least 150 minutes of moderate-intensity or 75 minutes of vigorous).

**Eat balanced meals.** Follow this simple rule: Make half your plate fruits and vegetables, one quarter protein, and one quarter grains at each meal.

**Limit alcohol and quit tobacco.** Women who have more than 1 drink daily are at higher risk for certain diseases, such as cancer. Tobacco use is the leading cause of preventable disease, disability, and death in the United States. *[Centers for Disease Control and Prevention (CDC), 2019]*

**Protect your skin from the sun.** Sunscreen should be a daily part of your routine to protect your skin from the sun's harsh rays while spending time outside.

**Practice self-care.** It's important to find ways to recharge your batteries so you can put your best self forward and address any stress or exhaustion you may be feeling.

**Strive for good sleep.** Aim to get between 7.5 and 8.5 hours of quality sleep per night.

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