



Women's Wellness Check: Screening & Self-Advocacy for Women

A wellness check should be more than a routine appointment, it should be a real check-in on your health. Yet many women leave feeling rushed, unheard, or unsure about what was actually addressed. Preventive screenings are designed to catch issues early, but they only work when you are informed and engaged. Learning how to speak up for yourself is just as important as showing up.

More Than a Visit, It's a Health Strategy

A women's wellness check is your opportunity to assess your overall health, not just react to problems. This includes screenings based on your age, history and risk factors such as mammograms, cervical cancer screenings, blood work and heart health assessments. Preparation plays a key role in how effective your visit is. Bringing a list of symptoms, questions, medications and concerns allows your provider to see the full picture. Without that, important details can be missed or dismissed. Self-advocacy is just as critical. Clearly stating your concerns, asking questions and requesting clarification ensures that your needs are actually addressed. You are not there to be rushed through, you are there to be cared for.

Why it matters

Many women feel dismissed in healthcare, especially when symptoms are subtle or ongoing, which can delay diagnosis and treatment over time.

Preventive screenings and clear communication can change that. Early detection and active participation in care lead to more accurate diagnoses, better treatment and improved long-term health outcomes.

What you can do

- Write down your symptoms, questions and concerns before your appointment. Be clear about your main concern at the start of your visit.
- Speak up if something doesn't make sense and ask for clarity.
- Request necessary screenings based on your age and risk factors.
- Take notes or bring someone with you to help retain information.
- Follow up on test results and ask for specifics, not just "normal."



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