Check Off Your Checkup!

You may schedule an annual physical each year, but how good are you at keeping up with other preventative health appointments, like mammograms and heart disease screenings? According to a new survey of 3,000 women by Prevention, the nonprofit HealthyWomen, and GCI Health, many of us need to up our game—just 24% of respondents said they got regular mammograms, 20% got screened for heart disease, 18% kept up with screenings for gynecological cancers, and only 13% underwent skin cancer assessments. If you’re one of the slackers, consider this a gentle push and read on to see why you should make those appointments now.

PUT YOURSELF FIRST

“Preventative care is a gift—when disease is detected early, you have more treatment options and negative outcomes are minimized,” says Marsha B. Henderson, a board member of HealthyWomen. One more incentive: COVID-19 can hit people with underlying conditions harder, so know your status.

FACE YOUR FEARS

Worrying about test results can be nerve-racking—almost one in 10 women said this caused her to skip screenings. If you need incentive, it’s perfectly OK to give yourself a reward for making an appointment and following through with it (hello, new pair of earrings!).