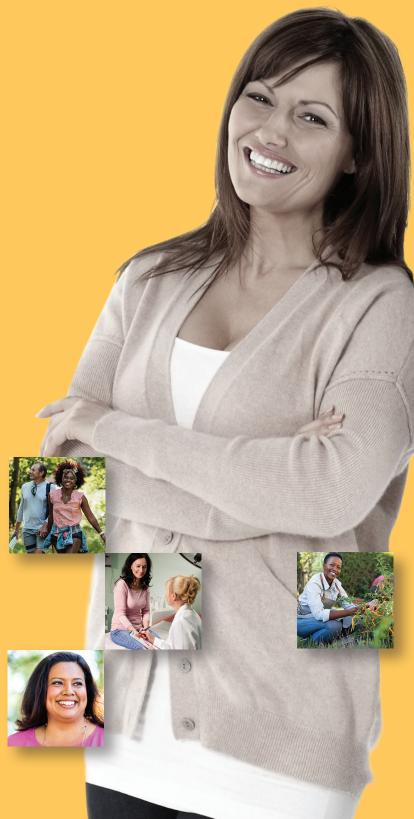
IN YOUR 40s

You're in your 40s! What can you do to live a healthier life? Be healthier with one — or all — of the steps below! Get the conversation started at your next well-woman visit with this list.



Every d	ay, I will try to:
☐ Ea	t healthy — use the MyPlate Plan to get started
□Ge	et at least 30 minutes of physical activity
□Ge	et at least 7 to 9 hours of sleep
□Re	each and maintain a healthy weight
□Ge	et help to quit or not start smoking
☐ Lir	mit alcohol use to 1 drink or less
□No	ot use illegal drugs or misuse prescription drugs
	ear a helmet when riding a bike
	d wear protective gear for sports
	ear a seat belt in cars and not text and drive
	ke 400 to 800 mcg of folic acid (for emenopausal women)
I will tall	k to my doctor at least once a year about:
	hether I plan to get pregnant or the right birth ntrol for me (for premenopausal women)
□Pe	erimenopause symptoms
☐ M ₂	y weight, diet, and physical activity level
□ W	hether I use tobacco, alcohol, or drugs
□Ar	ny violence in my life
□De	epression and any other mental health concerns
	y family health history, especially my risk of cancer, eart disease, and diabetes
I will asl	k my doctor whether I am at higher risk of orests, medicines, or vaccines this year for:
	ood pressure
□Br	east cancer prevention medicines
□Ch	nolesterol
□ Dia	abetes
□ Flu	J
□Не	epatitis A, B, and C
□Hľ	V
□Ma	ammogram
□Me	easles, mumps, and rubella
□Me	eningitis
□Pa	ip and HPV
□Se	exually transmitted infections
☐ Te	tanus, diphtheria, and whooping cough
	berculosis
□Ur	inary incontinence
	OVID-19

The decision to get any medical test or procedure, at any age, is a personal one between you and your doctor. These recommendations may not apply to every person.

These guidelines are based on recommendations from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices, the Women's Preventive Services Guidelines, the 2015–2020 Dietary Guidelines for Americans, and the 2018 Physical Activity Guidelines for Americans.