

Health checks for women

Keeping up to date with your health checks is one of the best ways you can care for your health. This guide outlines 8 important health checks for women and when to get them.

Bone health assessment	Once a year from age 50 for First Nations women. For the wider community, ask your doctor if you need an assessment from age 50.
Bowel cancer screening	Every 2 years from age 45 to 74. If you have a family history of bowel cancer or notice unusual changes (e.g. blood in your poo), speak to your doctor.
Breast cancer screening	Every 2 years from age 50 to 74. If you have a higher risk or family history of breast cancer, you may need to screen earlier or more often.
Breast self-check	Regularly for all ages. Get to know your breasts by feeling and looking at them (e.g. while dressing). Tell your doctor if you notice anything unusual.
Cervical screening test	Every 5 years from age 25 to 74 if you've ever had sexual contact.
Heart health check	From age 45 for most women, 30 for First Nations women and 35 for women with diabetes. Ask your doctor how often you need a check.
Sexual health check	If you are sexually active, pregnant or planning to get pregnant, ask your doctor about checking for sexually transmitted infections (STIs).
715 health check	Once a year for First Nations women to check overall health.

More health checks for women

Other important health checks include dental checks, eye tests, a menopause assessment and type 2 diabetes screening. What you need depends on your age, risk factors, medical background and family history.

What's next?

Learn more about the health checks you need with our online tool Her Health Check. Scan the QR code, answer some quick questions, and Her Health Check will give you a personalised report you can share with your doctor.



Disclaimer: This information is a general guide and does not replace advice from your doctor. You may need more checks if you have a health condition or you're at risk of one. If you are worried about your health, visit your doctor.