



**It's Your Time!**

May 8–14, 2011

[www.womenshealth.gov/whw](http://www.womenshealth.gov/whw)

## National Women's Checkup Day Fact Sheet

### When is National Women's Checkup Day?

The ninth annual National Women's Checkup Day will be held on Monday, May 9, 2011, during National Women's Health Week.

### What is National Women's Checkup Day?

National Women's Checkup Day is a nationwide effort, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health, to:

- Encourage women to visit health care professionals to receive or schedule a checkup.
- Promote regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections (STIs), and other conditions.

### Why is it important for women to participate in this effort?

It is important for women to get regular checkups because:

- Screening tests, such as mammograms and Pap tests, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier, or more often, than others.

- Screenings and routine care can help women lower their risks of many health conditions, including heart disease.

### How can women participate in this important event?

Women can participate in National Women's Checkup Day by:

- Contacting their current health care professional to schedule a checkup and get important screenings on National Women's Checkup Day.
- Discussing with their health care professionals which screenings and tests are right for them, when they should have them, and how often.
- Learning which screenings and immunizations they need and at what age at (<http://bit.ly/NWHWScreeningChart>).
- Taking the Checkup Day Pledge (<http://bit.ly/CheckupDayPledge>) and pledging to schedule at least one preventive health screening during May 2011.

For information about participating in National Women's Checkup Day and other National Women's Health Week activities, visit the National Women's Health Week website at <http://www.womenshealth.gov/whw> or call 800-994-9662 (TDD 888-220-5446).



U.S. Department of Health and Human Services  
Office on Women's Health

[womenshealth.gov](http://womenshealth.gov)

1-800-994-9662 · TDD: 1-888-220-5446