



It's Your Time!  
May 13–19, 2012  
[womenshealth.gov/whw](http://womenshealth.gov/whw)

## National Women's Checkup Day Pledge

As a participant in National Women's Checkup Day,  
I, \_\_\_\_\_, pledge to:  
(print your name)

- ✓ Visit my current health care professional to receive a checkup or call to schedule a checkup.
- ✓ Discuss with my health care professional which screenings and tests are right for me, when I should have them, and how often.
- ✓ Use the interactive screening chart ([go.usa.gov/QMI](http://go.usa.gov/QMI)) to learn what screenings I need and at what age.
- ✓ Schedule at least one preventive health screening during May 2012.

\_\_\_\_\_  
(sign your name)

\_\_\_\_\_  
Date



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

[womenshealth.gov](http://womenshealth.gov)  
800-994-9662 · TDD: 888-220-5446