



# KNOWING

is what matters most

## Your annual checkup plays an important role in keeping you healthy

Leading health organizations such as the American Cancer Society (ACS) and the Centers for Disease Control and Prevention (CDC) recommend annual screening tests, depending on your age. Screenings may identify health problems early—increasing your chance for more effective treatment.

Learn more at  
[MyChoiceQuest.com](https://MyChoiceQuest.com)



## Did you know that according to the CDC:

- All women are at risk for cervical cancer. Each year, around 12,000 women in the U.S. get cervical cancer.<sup>1</sup>
- Getting screening tests is one of the most important things you can do for your health. Finding any problems early can increase your chances for successful treatment.



## A strong relationship with your doctor is key to a healthy lifestyle

Maintaining a dialogue about your health is important for your physical and emotional well-being. More than testing, your healthcare provider will want to know what's on your mind. Here are some important pieces of information to share with your doctor: family planning, menstrual complaints, menopause, lifestyle changes, diet, stress and stressors, sex life, mood, medications, and family history changes.

Your doctor can provide a wealth of information and tools to help you take steps to maintain a healthy lifestyle.

If your annual exam identifies issues you need to know about, early treatment may increase the chance for success.

### Quest Diagnostics offers testing for each stage of your life:

#### Ages 13–18

If you are sexually active, your doctor may test for:

- Chlamydia
- Gonorrhea
- HIV

#### Ages 19–39

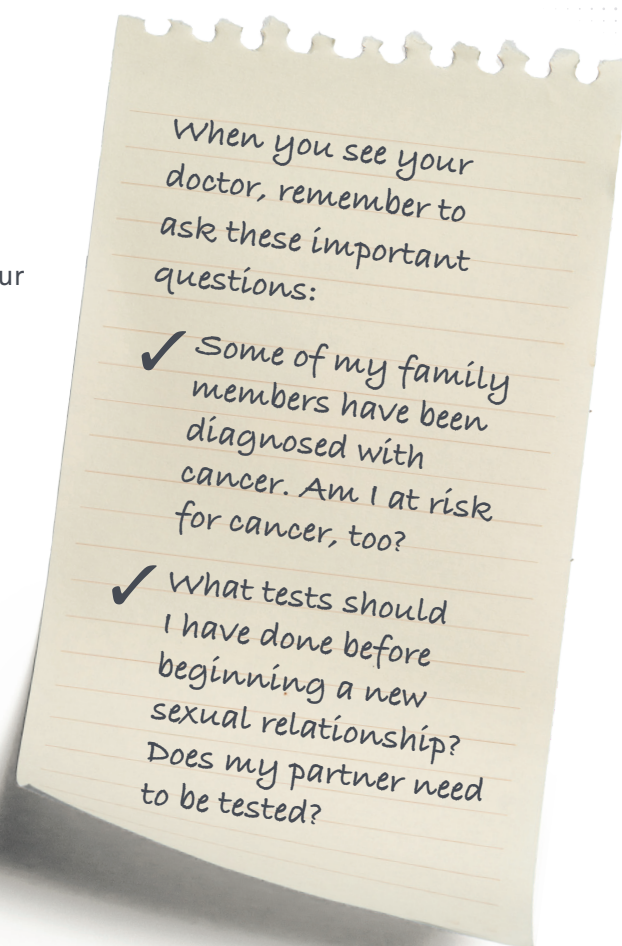
- Chlamydia
- Gonorrhea
- HIV
- Cervical cancer screening such as PAP and HPV testing

#### Ages 40–64

- Cervical cancer screening such as PAP and HPV testing
- Diabetes
- High cholesterol

#### Ages 65 and older

- Diabetes
- High cholesterol
- Thyroid function



## Good health starts with KNOWING

The next time your doctor orders blood testing, let them know that you'd like to go to one of the Quest Diagnostics Patient Service Centers in your neighborhood. Take advantage of our convenient locations, minimal wait times, professional staff, fast turnaround, and online test results.

## MyQuest™

MyQuest helps make healthcare convenient, letting you get your test results online from any device, quickly schedule Quest Diagnostics appointments, and much more. To sign up for MyQuest visit [QuestDiagnostics.com/MyQuest](https://QuestDiagnostics.com/MyQuest).

## Get started today

Ask your doctor about women's health testing by Quest Diagnostics



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#### References

1. Centers for Disease Control and Prevention (CDC). Gynecologic Cancers. Basic information about cervical cancer. [https://www.cdc.gov/cancer/cervical/basic\\_info/index.htm](https://www.cdc.gov/cancer/cervical/basic_info/index.htm). Last updated October 14, 2014. Accessed April 16, 2018.

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