



## Primary Care ◆

A primary care doctor is your go-to doctor for any questions you might have about overall health and wellness. If you ever have a new problem, talk to your Primary Care Doctor first—they can refer you to other doctors and help you mitigate some problems.

- If you are under 50, try to see your primary care doctor **once every three years**. If you are
- over 50, try to see your primary care doctor **once every year**.
- If you ever have any new problems, **schedule an appointment as soon as possible**.
- If you have an emergency, go to the emergency room. You don't need to schedule.

## OB/GYN ◆

An obstetrician-gynecologist is a doctor that specializes in women's health. Your OB/GYN helps with important checkups and screenings specifically for women and girls.

- Begin seeing an OB/GYN in early adulthood, particularly if sexually active.
- Get a **Pap Test every 3 Years**, and an **HIV Test every 5 years**.
- If you are over 40, get a **Mammogram every 1 to 2 years**.
- If you are pregnant, start seeing your OB/GYN **once a month**.
- As pregnancy progresses, visits will increase to **once a week**.
- See your OB/GYN if you are having pain in your pelvic area, having issues with sexual health, or if you notice pain or lumps in your breast.

## Other Specialists ◆

- See a **Pediatrician** after pregnancy to do checkups on your baby's health.
- See any other specialists after speaking to your Primary Care Doctor.

**In Person:** 224 NW Crane Avenue Madison FL **Call:** 850-253-1907  
**Online:** [mcmh.us/wellwomen](https://mcmh.us/wellwomen) & <https://facebook.com/healthyyouwomen>

