

Take the pledge!

The ninth annual National Women's Checkup Day will be held on Monday, May 9, 2011, during National Women's Health Week. The day is dedicated to encouraging women to visit health care professionals to receive or schedule a checkup and to promote regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections (STIs), and other conditions.

As a participant in National Women's Checkup Day, I will:

- Contact my current health care professional to schedule a checkup and get important screenings.
- Discuss with my health care professionals which screenings and tests are right for me, when I should have them, and how often.
- Use the [interactive screening chart and immunization tool](#) to learn what screenings and immunizations I need and at what age.
- Schedule at least one preventive health screening during May 2011.

Sign up online:

<http://www.womenshealth.gov/whw/check-up-day/>



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