

Faithful & Well Health Screening Timeline

This document will serve as a spiritual and practical guidepost that helps you take ownership of your health with confidence, clarity, and grace.

Screening Overview by Age Group

Ages 20–39

- 🩺 Blood pressure (every 2 years)
- ❤️ Pap smear + HPV (every 3–5 years)
- 💉 STI checks if sexually active

Ages 40–49

- 🩺 Mammogram (annually or biannually)
- 📊 Blood sugar + cholesterol screening
- 🧠 Mental health check-in

Ages 50+

- 🎯 Colonoscopy (every 10 years)
- 🏠 Bone density scan
- 🩸 Thyroid panel + vitamin D levels
- 🔁 Follow-up frequency increases with medical history

✨ “Wisdom is supreme; therefore, get wisdom.” — *Proverbs 4:7*

Appointment Prep & Follow-Up Notes

My Next Appointment

- 🕒 Date: _____
- 📝 Questions I want to ask:

Follow-Up Checklist:

- ☐ Summary received
- ☐ Medications updated
- ☐ Labs scheduled
- ☐ Emotional reflections noted

“Your diligence is an act of worship. Every step toward wellness honors the temple He crafted.”