



Your Postmenopause Health Priorities Checklist™

Use this checklist to review the health areas that deserve ongoing attention after menopause and choose what to discuss next.



Check what is current, circle what needs attention and bring the list to your next healthcare appointment.



BONES & FALL PREVENTION

- ☐ Discuss when a DEXA scan is appropriate
- ☐ Review fracture and fall risk
- ☐ Include strength, balance and weight-bearing movement
- ☐ Review calcium, vitamin D and protein needs



HEART & BLOOD VESSELS

- ☐ Check blood pressure
- ☐ Review cholesterol and cardiovascular risk
- ☐ Discuss smoking, sleep, activity and family history
- ☐ Report new chest discomfort, breathlessness or exercise intolerance



BLOOD SUGAR & METABOLIC HEALTH

- ☐ Review blood glucose or A1C when appropriate
- ☐ Notice changes in waist size, energy or appetite
- ☐ Protect muscle with regular resistance exercise
- ☐ Discuss nutrition and weight concerns without shame



SCREENINGS & IMMUNIZATIONS

- ☐ Confirm breast screening plan
- ☐ Confirm cervical screening status, if applicable
- ☐ Review colorectal cancer screening
- ☐ Ask which vaccines are due



BRAIN, MOOD & SLEEP

- ☐ Discuss persistent memory or thinking changes
- ☐ Address anxiety, low mood or loss of interest
- ☐ Review ongoing sleep problems or possible sleep apnea
- ☐ Protect connection, purpose and social support



PELVIC, SEXUAL & EVERYDAY HEALTH

- ☐ Discuss vaginal, urinary or sexual symptoms
- ☐ Keep dental, vision and hearing care current
- ☐ Review medications and supplements regularly
- ☐ Report any bleeding after menopause



My Three Priorities for This Year

1. _____
2. _____
3. _____



Schedule an appointment



Request or review a screening



Begin one supportive habit



Ask for a referral



Gentle Reminder Your needs depend on your age, health history, previous results and personal risks. Screening schedules should be individualized with your healthcare provider.



Martine's Midlife Wellness Tip

Choose one overdue priority and take the smallest next step.
Protecting your future health does not require doing everything this week.

