



# Helping You Navigate Your Health

Good health starts with staying informed and being proactive. For women, this includes a variety of recommended checkups, screenings, and vaccinations throughout their lives. Fortunately, with support from an Intermountain Health Primary Care provider, it's easy to know what's needed and when. We can help you understand your options and risks with the following:

- Bloodwork
- Bone Density scans
- Pap Smears
- Colorectal Cancer screenings
- Vaccinations
- Mammograms
- Women's Health Physical Therapy

Use the QR code or visit [intermountainhealth.org/mt](https://intermountainhealth.org/mt) to schedule a primary care appointment today.

