



6 Health Screenings to Help Women Prevent Disease

Don't let heart disease, stroke, and other serious health conditions sneak up on you. Instead, prevent them by seeing your doctor for a yearly well-woman checkup.

At your checkup, your doctor will likely suggest health screenings. These tests can help spot potentially deadly conditions before they become life-threatening. Here are six screenings that can help you stay healthy.

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This Month's Webinar

Wellness Wisdom for Women

Women have a wealth of information available to them about their health. In addition to learning the facts, women also have their intuition and instincts about their bodies. This webinar combines the health factors we need to know with being tuned into our bodies to increase our awareness of the silent risks that threaten our wellness. We will discuss what makes women's wellness unique in the areas of heart disease and stroke and the key factors for promoting overall wellness: nutrition, sleep and exercise.

[Log-in](#) any time this month to watch the webinar!