

# Top Tips: Women's Health

---

1. Research something today that helps better my understanding of my own health.
2. Consider stopping or cutting back on a habit that might be contributing to poorer health.
3. Identify an area concerning my health where risk screening is available – book an appointment!
4. Start a new healthy habit today that will reduce my risk of illness and improve my wellbeing.
5. Learn practical ways to develop more proactive regular habits to self-manage and learn ways to take more charge of my own health and wellbeing.
6. Have a conversation today with a colleague or friend to break down any barriers to the understanding of female health matters.
7. See my GP if I have any health concerns.