Every journey has a beginning. According to Dr. Robin Miller, the first step on the path to healthy aging is for women to make their health a priority.

"It's important for women to know how to take care of themselves. But as women we do not take care of ourselves, that's not in our nature. Our nature is to nurture everyone else and put ourselves last on the list."

Dr. Miller, who co-authored *The Smart Women's Guide to Midlife and Beyond: A No-Nonsense Approach to Staying Healthy After 50*, says it's never too late for women to focus on wellness.

"It doesn't matter how old you are, so you're never too old and you're never too sick to get better. That's my motto."

One of the best ways to focus on your wellness is to make sure you receive all recommended health screenings.

For women, this starts with an annual well visit, also known as a yearly physical.

At this appointment, your healthcare provider will review your blood pressure, cholesterol, blood sugar, thyroid levels, and other important health markers.

Other recommended health screenings include: Annual Mammograms to screen for breast cancer every year between 45 and 54. Over 55, women with average risk of breast cancer can be screened every other year.

Colonoscopy: Starting at age 45, people with average risk of colorectal cancer should get a colonoscopy every 10 years.

HPV Tests: Women ages 40-65, should get an HPV test every 5 years (preferred), or a HPV/Pap cotest every 5 years (acceptable), or a Pap test every 3 years (acceptable) to screen for cervical cancer.

At home, perform regular checks of your skin. Report any suspicious spots or changes in moles to your healthcare provider.

Get an eye exam at the age of 40 for glaucoma, macular degeneration, retinopathy, and cataracts.

Further testing is based on the result of those tests and your individual risk.

And see a dentist for a cleaning and check-up twice a year.

Take the steps you need on the journey to age healthfully. Make and keep your regular health screening appointments and work with your healthcare team to make your health a priority.