



## It's time we started talking about smear tests.

As women we look out for our friends. One way we can make sure they stay well is to encourage them to go for regular smear tests. It's not something we normally talk about but it's important because it could save our lives.

A smear test is a simple health check for all women who have ever been sexually active. If you or any of your friends haven't had one in the last three years, do it now.

Life is precious. Make sure you and your friends go for your smear tests.



## Don't put it off.

Contact your doctor, nurse or  
health worker for an appointment.

Or call 0800 729 729 for more information.



New Zealand Government