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New Zealand Government

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HEALTH PROMOTION AGENCY



National  
Cervical  
Screening  
Programme

If you change your  
address, please advise  
your health provider and  
the National Cervical  
Screening Programme.



You have a choice about where to be screened.  
Discuss options with your health provider.  
For further information call 0800 729 729  
or visit [www.timetoscreen.nz](http://www.timetoscreen.nz)



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# Cervical Screening Reminder Card

[www.timetoscreen.nz](http://www.timetoscreen.nz)

- Almost all cervical cancer is caused by human papillomavirus or HPV. The virus is spread by sexual activity.
- Eighty percent of women who have been sexually active will have an HPV infection at some point in their lives.
- Cervical screening can detect abnormal cell changes that are able to be treated before cancer even develops.

*Don't put it off – cervical screening every three years could save your life.*

## When am I due for my next test?

Mark on the calendar below when you are next due for a test, or call your health provider or 0800 729 729 if you are unsure.

2021	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2022	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2023	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2024	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2025	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2026	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

My health provider's phone: