

# Get Ready With Me

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## Audio Descriptive Text

The video opens with a woman at home in her bathroom, smiling and waving at the camera. She stands in front of a shower curtain with a towel rack to her left.

The camera cuts to her facing the camera and using various hair and skin care products. The camera transitions to the woman in profile, standing in front of her bathroom mirror, putting on earrings and lipstick.

The camera transitions again so the woman is facing the camera, looking at her reflection while nodding and smiling.

The video transitions to the woman in her kitchen packing a child's lunchbox. The woman zips up the lunchbox and eats a piece of banana. The camera transitions to a close-up view of the woman grabbing her car keys and water bottle off the kitchen counter. The camera shows her point of view as she walks out her door.

The video transitions to the woman getting into her car. She places her purse on the passenger seat and her water bottle in the cupholder. The woman then buckles her seat belt and adjusts the rear-view mirror.

The video transitions to an exterior view of an office building. The camera transitions so the woman is facing the camera and walking through the parking lot. The camera then shows her point of view as she opens the doors to the building.

The video transitions to the woman walking into a health care provider's office. A receptionist behind the desk hands her a clipboard. The woman sits down to begin filling out the paperwork. In the background, a health care worker opens a door and calls her name. The woman smiles and walks back with the health care worker.

The video transitions to show the woman's point of view as she sits on an exam table, swinging her feet. The camera angle shifts back to face the woman sitting on the exam table. She smiles and points to a folded paper exam gown behind her.

The woman then waves and smiles, blowing a kiss to the camera as the video ends. The video's end slate reads, "Learn more at [cdc.gov/cancer/knowledge](https://cdc.gov/cancer/knowledge)."

## Transcript

Get ready with me for my Pap test!

I recently found out that most cervical cancers are found in women who have never been screened or aren't screened as often as they should be.

As a mom, I know I need to take care of my health to be there for my daughter. One way I can do that is to stay on top of my cervical cancer screenings.

Did you know that regular, on-time screenings with a Pap test, HPV test, or both can actually help prevent cervical cancer or find it early when it's easier to treat?

A Pap test looks for cell changes on the cervix that can become cancer if they aren't treated, and the HPV test looks for the virus that causes these cell changes.

If your Pap test results are normal, your doctor may tell you that you can wait three years until your next Pap test. If your results aren't normal, it doesn't mean you have cancer. Most abnormal results won't be cancer, but it's important to follow up with your doctor about your next steps.

I know these tests can be uncomfortable. For me, seeing a health care provider I feel comfortable with helps. I can ask questions and talk about my concerns before the test.

I'm also using this appointment as an opportunity to get back into a routine for my health care. The Pap and HPV tests only screen for cervical cancer, so I want to make sure I'm up to date with all of my screenings and regular checkups.

Thanks for getting ready with me today! Now it's your turn to schedule that appointment and prioritize yourself.

Make cervical cancer screenings part of your routine.

## **Video Summary**

This video follows a woman getting ready for an appointment with her health care provider as she shares the benefits of getting back to or starting cervical cancer screenings.