



General Screenings and Immunizations Guidelines for Women

Please Note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 +
General Health Full check-up, including weight and height	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
Thyroid test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health Blood pressure test	Start at age 21, then once every 1 – 2 years if normal	Every 1 – 2 years	Every 1 – 2 years	Every 1 – 2 years
Cholesterol test		Start at age 45, then every 5 years	Every 5 years	Every 5 years
Bone Health Bone mineral density test		Discuss with your health care provider	Discuss with your health care provider	Get a bone density test
Diabetes Blood sugar test		Start at age 45, then every 3 years	Every 3 years	Every 3 years
Oral Health Dental Exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Reproductive Health Pap test & Pelvic exam	Every 1 – 3 years if you have been sexually active or are older than 21	Every 1 – 3 years	Every 1 – 3 years	Discuss with your health care provider.
Chlamydia test	If sexually active, yearly until age 25	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test. See STD section below.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test. See STD section below.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test. See STD section below.
Sexually Transmitted Disease (STD) tests	Talk to your health care provider if you have or had more than 1 sexual partner, or a history of STDs, or sexual contact with STDs, or a partner with the same.	Talk to your health care provider if you have or had more than 1 sexual partner, or a history of STDs, or sexual contact with STDs, or a partner with the same.	Talk to your health care provider if you have or had more than 1 sexual partner, or a history of STDs, or sexual contact with STDs, or a partner with the same.	Talk to your health care provider if you have or had more than 1 sexual partner, or a history of STDs, or sexual contact with STDs, or a partner with the same.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 +
Breast Health Breast self-exam	Monthly	Monthly	Monthly	Monthly
Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your health care provider.	Every 1-2 years. Discuss with your health care provider.	Every 1-2 years. Discuss with your health care provider.
Colorectal Health Fecal occult blood test			Yearly	Yearly
Flexible Sigmoidoscopy (with Fecal occult blood test is preferred)			Every 5 years	Every 5 years
Double Contrast Barium enema (DCBE)			Every 5-10 years (if not having colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your health care provider	Discuss with your health care provider	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Eye and Ear Health Vision exam with eye care provider	Once initially between age 20 and 39	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test (discuss with your healthcare provider)	Starting at age 18, then every 10 years	Every 10 years	Discuss with your health care provider	Discuss with your health care provider
Skin Health Mole exam	Monthly mole self- exam; by a health care provider every 3 years, starting at age 20.	Monthly mole self-exam; by a health care provider every year.	Monthly mole self-exam; by a health care provider every year.	Monthly mole self-exam; by a health care provider every year.
Mental Health Screening	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
Immunizations Influenza vaccine	Discuss with your health care provider	Discuss with your health care provider	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-Diphtheria Booster vaccine	Every 10 years		Every 10 years	Every 10 years

This chart lists recommended screenings and immunizations for women at average risk for most diseases.