## Screenings & **Immunizations**

## for Women

This chart should be used as a guideline only. Your doctor or nurse will personalize the timing of each test and immunization to meet your health care needs.







	Screening tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 & older
GENERAL	Full checkup, including weight & height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
	Thyroid (TSH) test	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
	HIV test	Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Discuss with your doctor or nurse.
HEART	Blood pressure test	At least every 2 years.	At least every 2 years.	At least every 2 years.	At least every 2 years.
	Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
BONE	Bone density screen		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
DIABETES	Blood glucose or A1c test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years.	Every 3 years.
BREAST	Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your doctor or nurse.	Every 1 year. Discuss with your doctor or nurse.	Every 1 year. Discuss with your doctor or nurse.
	Clinical breast exam	At least every 3 years starting in your 20s.	Yearly	Yearly	Yearly





	Screening tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 & older
REPRODUCTIVE	Pap test	Every 2 years starting at age 21. Women 30 and older, every 3 years.	Every 3 years.	Every 3 years.	Discuss with your doctor or nurse.
	Pelvic Exam	Yearly beginning at age 21, Younger than 21 & sexually active, discuss with your doctor or nurse.	Yearly	Yearly	Yearly
	Chlamydia test	Yearly until age 25 if sexually active. Age 26 and older, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
	Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
MENTAL	Mental health screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
COLORECTAL	(use 1 of these 3 methods) Fecal occult blood test			Yearly	Yearly. Older than 75, discuss with your doctor or nurse.
	Flexible sigmoidoscopy (with fecal occult blood test)			Every 5 years.	Every 5 years. Older than 75, discuss with your doctor or nurse.
0	Colonoscopy			Every 10 years.	Every 10 years. Older than 75, discuss with your doctor or nurse.
EYE & EAR	Complete eye exam	At least once between the ages 20-29, at least twice between the ages 30-39, or any time that you have a problem.	Get an exam at age 40, then every 2-4 years or as your doctor advises.	Every 2-4 years or as your doctor advises you.	Every 1-2 years.
	Hearing test	Starting at age 18, then every 10 years.	Every 10 years.	Every 3 years.	Every 3 years.
SKIN	Mole exam	Monthly mole self-exam; by a doctor or nurse as part of a routine full checkup starting at age 20.	Monthly mole self-exam; by a doctor or nurse as part of a routine full checkup.	Monthly mole self-exam; by a doctor or nurse as part of a routine full checkup.	Monthly mole self-exam; by a doctor or nurse as part of a routine full checkup.
ORAL	Dental exam	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.
IMMUNIZATIONS	Influenza vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
	Pneumococcal vaccine				One time only.
	Tetanus-diphtheria- pertussis booster vaccine	Every 10 years.	Every 10 years.	Every 10 years.	Every 10 years.
	Human papillomavirus (HPV) vaccine	Up to age 26, if not already completed vaccine series; discuss with your doctor/nurse.			
	Meningococcal vaccine	Discuss with your doctor or nurse if you are a college student or military recruit.			
	Herpes zoster vaccine (to prevent shingles)			Starting at age 60, one time only. Ask your doctor or nurse if it is okay for you to get it.	Starting at age 60, one time only. Ask your doctor or nurse if it is okay for you to get it.

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