



# Women's Healthcare Screening Guidelines

*This chart should be used for general guidelines only. Your doctor or nurse will personalize the timing of each test and immunization based on your age, lifestyle, family history and other considerations..*

Health Screenings	Ages 18 – 35	Ages 35 – 49	Ages 50– 64	Ages 65+
<b>GENERAL CARE</b>				
Physical exam	Yearly	Yearly	Yearly	Yearly
Blood pressure / pulse	As needed	Yearly	Yearly	Yearly
Cholesterol screening	Every 1-5 years based on baseline results	Every 1-5 years based on baseline results	Every 1-5 years based on baseline results	Every 1-5 years based on baseline results
Thyroid function (TSH)	Usually not needed.	Every 3-5 years	Every 3-5 years	Every 3-5 years
Diabetes screening	Usually not required.	Every 3 years at age 45 if baseline results are normal	Every 3 years with normal results	Every 3 years with normal results
Urinalysis	Every 1-5 years based on baseline results	Every 1-5 years based on baseline results	Every 1-5 years based on baseline results	Every 1-5 years based on baseline results
Vision exam	Every 2-4 yr	Every 2-4 yr	Every 2-4 yr	Every 1-2 yr
Dental exam	Every 6 months	Every 6 months	Every 6 months	Every 6 months
Hearing exam	Discuss with health care provider	Every 10 years	Every 3 years	Every 3 years
Skin cancer screening	Self exams every month; by a doctor every 3 years	Self exams every month; by a doctor every year	Self exams every month; by a doctor every year	Self exams every month; by a doctor every year
Colon cancer screening	Usually not needed.	Review risks yearly	Yearly stool occult blood test; Colonoscopy every 5-10 years	Yearly stool occult blood test; Colonoscopy every 5-10 years
<b>WOMEN'S REPRODUCTIVE, BREAST AND BONE HEALTH</b>				
Pelvic exam and Pap Test	Discuss with health care provider, usually every 1-3 years	Every 1-3 years based on physician's recommendations	Every 1-3 years based on physician's recommendations	Discuss with health care provider
Sexually Transmitted diseases (STD)	Discuss with health care provider before becoming sexually active	Discuss with health care provider before becoming sexually active	Discuss with health care provider before becoming sexually active	Discuss with health care provider before becoming sexually active
External breast exam	Self-exam monthly after age 20	Self-exam monthly; physician exam 1-3 years.	Self-exam monthly; physician exam 1-3 years.	Self-exam monthly; physician exam 1-3 years.
Mammogram	Usually not needed	Yearly	Yearly	Yearly
Bone density scan	Usually not required.	Discuss with health care provider	Discuss with health care provider	Baseline scan at 65; repeat test as recommended
<b>VACCINATIONS</b>				
HPV	One-time vaccination for sexually active women			
Hepatitis A & B	One-time vaccination for sexually active women & healthcare providers			
Influenza	Review risk annually	Review risk annually	Yearly	Yearly
Pneumococcal	n/a	n/a	n/a	Once at age 65
Tetanus-Diphtheria	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Shingles	n/a	n/a	Once only, starting at age 60, and with doctor's approval	
Measles/mumps/rubella	Up to date	Usually not needed	Usually not needed	Usually not needed