



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	Discuss with your health care provider.	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 at least once. Talk to your health care provider about repeat testing.
Diabetes Blood sugar test	Discuss with your health care provider.	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.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs), you may need this test. See STD section.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs), you may need this test. See STD section.
Sexually Transmitted Disease (STD) tests	Talk to your health care provider if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD.	Talk to your health care provider if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD.	Talk to your health care provider if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD.	Talk to your health care provider if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 +
Breast Health 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	Every 10 years

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

Last Updated: August 2004