

# General Screenings and Immunization 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+
<b>Colorectal Health</b> (cont.) 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)
<b>Eye and Ear Health</b> Vision exam with eye care provider	Once initially between age 20 and 29 and at least twice between the ages of 30-39, or any time you have a problem with your eye(s)	Every 2-4 years	Every 2-4 years	Every 1-2 years
<b>Hearing test</b> (discuss with your healthcare provider)	Starting at age 18, then every 10 years	Every 10 years	Every 3 years Discuss with your health care provider	Discuss with your health care provider
<b>Skin Health</b> 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.
<b>Oral Health</b> Dental (Oral 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
<b>Immunizations</b> Influenza vaccine	Discuss with your health care provider	Discuss with your health care provider	Recommended yearly	Recommended yearly
Pneumococcal vaccine				One time only
Tetanus-Diphtheria Booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Human papillomavirus vaccine (HPV)	Up to age 26. Discuss with your health care provider			
Meningococcal vaccine	Discuss with your health care provider if attending college			
Herpes zoster vaccine (to prevent shingles)			At age 60 - one time only. Discuss with your health care provider.	At age 60 - one time only. Discuss with your health care provider.

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Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65+
<b>General Health</b> 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)	Starting at age 35, then once every 5 years	Every 5 years	Every 5 years	Every 5 years
<b>Heart Health</b> Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
<b>Cholesterol Test</b>	Starting at age 20, then discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
<b>Bone Health</b> Bone mineral density test		Discuss with your health care provider	Discuss with your health care provider	At least once, then discuss with your health care provider
<b>Diabetes</b> Blood glucose test	Discuss with your health care provider	Starting at age 45, then once every 3 years	Every 3 years	Every 3 years
<b>Breast Health</b> 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
<b>Reproductive Health</b> Pap test and 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	Yearly 18-25 if sexually active. Older than age 25, 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 infections (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 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
<b>Colorectal Health</b> Fecal occult blood test			Yearly	Yearly
Flexible Sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)