

Preventive Care Guidelines for Women



Recommendations apply to most women of normal risk. Additional tests and immunizations may be recommended based on specific risk factors. Visits recommended every 1–3 years and should include the following based on age.

	Women Ages 19–39	Women Ages 40–49	Women Ages 50–64	Women Ages 65 and Over
Health History and Lifestyle Assessment	Complete or update assessment, including family history; activity; tobacco, alcohol, and drug use; and sexual practices			
Physical Exam	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Vision screening 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Vision screening 	<ul style="list-style-type: none"> Height and weight (Body Mass Index) Blood pressure Hearing and vision screening¹
Tests	<ul style="list-style-type: none"> Screen women aged 20 and over for lipid disorders if they are at increased risk for heart disease Pap test beginning at age 21 and at least every three years (women ages 30–65 may instead choose to have a Pap test with HPV test every five years) Annual Chlamydia screening for sexually active women age 24 and younger and older women at risk Rubella antibody screening once Screen for Type 2 diabetes if blood pressure > 135/80 	<ul style="list-style-type: none"> Screen women aged 45 and older for lipid disorders every five years Screen 40–44 year old women for lipid disorders if they are at increased risk for heart disease Pap test at least every three years (women ages 30–65 may instead choose to have a Pap test with HPV test every five years) Annual Chlamydia screening for at-risk sexually active women Rubella antibody screening once Mammogram frequency to be discussed with your doctor Screen for Type 2 diabetes if blood pressure > 135/80 Screen for abnormal blood glucose and Type 2 diabetes, age 40–70 years who are overweight or obese 	<ul style="list-style-type: none"> Screen for lipid disorders every five years Screening for colorectal cancer (CRC) using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard), sigmoidoscopy, or colonoscopy, beginning at age 50 and continuing until age 75; if you are over age 50, talk with your doctor regarding the frequency of screening needed Pap test at least every three years (women ages 30–65 may instead choose to have a Pap test with HPV test every five years) Chlamydia screening if at risk Mammogram every 1–2 years Osteoporosis screening for post-menopausal women at risk age 50 or older² Screen for Type 2 diabetes if blood pressure > 135/80 Screen for abnormal blood glucose and Type 2 diabetes, age 40–70 years who are overweight or obese 	<ul style="list-style-type: none"> Screen for lipid disorders every five years Screening for colorectal cancer (CRC) using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard), sigmoidoscopy, or colonoscopy, beginning at age 50 and continuing until age 75; if you are over age 50, talk with your doctor regarding the frequency of screening needed Pap test is optional after age 65; discuss with your doctor whether you should have this test Mammogram every 1–2 years until age 74; then as indicated after age 74 Osteoporosis screening for women ages 65 and up Screen for Type 2 diabetes if blood pressure > 135/80 Screen for abnormal blood glucose and Type 2 diabetes, age 40–70 years who are overweight or obese
Immunizations	<ul style="list-style-type: none"> Screen for lipid disorders every five years Screening for colorectal cancer (CRC) using fecal occult blood testing, sigmoidoscopy, or colonoscopy, beginning at age 50 years and continuing until age 75 years; if you are over age 50, talk with your doctor regarding the frequency of screening needed Pap test is optional after age 65; discuss with your doctor whether you should have this test Mammogram every 1–2 years until age 74; then as indicated after age 74 Osteoporosis screening for women ages 65 and up Screen for Type 2 diabetes if blood pressure > 135/80 Screen for abnormal blood glucose and Type 2 diabetes, age 40–70 years who are overweight or obese 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually Adults born after 1957 without evidence of prior MMR vaccine should be vaccinated Varicella vaccine for those without evidence of prior infection 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually Adults born after 1957 without evidence of prior MMR vaccine should be vaccinated Varicella vaccine for those without evidence of prior infection 	<ul style="list-style-type: none"> One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years Flu vaccine annually Pneumococcal vaccine once in a lifetime from age 65; booster as recommended Shingles (Herpes Zoster) vaccine for ages 60 and up unless contraindicated Varicella vaccine for those without evidence of prior infection

Guidelines adapted from the U.S. Preventive Services Task Force. Talk to your doctor about which preventive services are right for you. Your Plan benefits may allow for services more frequently than what is listed here.

¹ If you have a family history of glaucoma talk with your doctor about whether screening may be right for you.

² If you are under age 50, talk with your doctor about your personal risk for osteoporosis and the need for testing.

	Women Ages 19–39	Women Ages 40–49	Women Ages 50–64	Women Ages 65 and Over
Counseling/ Screening	<ul style="list-style-type: none"> • Diet: discuss calcium with all women and folic acid with those at risk for or considering pregnancy • Exercise promotion • Smoking cessation • Alcohol/substance abuse prevention • Sexually transmitted diseases/HIV/sexual behavior • Family planning • Dental health • Sun exposure • Injury prevention (including seat belt, helmet use) • Life stage issues-family, child • Depression • Health Care Proxy/Advance Directives • Screen for HIV infection ages 15–65 • Family violence 	<ul style="list-style-type: none"> • Diet: discuss calcium with all women and folic acid with those at risk for or considering pregnancy • Exercise promotion • Smoking cessation • Alcohol/substance abuse prevention • Sexually transmitted diseases/HIV/sexual behavior • Family planning • Dental health • Sun exposure • Injury prevention (including seat belt, helmet use) • Life stage issues-family, child, bereavement • Depression • Health Care Proxy/Advance Directives • Screen for HIV infection ages 15–65 • Family violence 	<ul style="list-style-type: none"> • Diet: discuss calcium and vitamin D • Exercise promotion • Menopause management • Smoking cessation • Alcohol/substance abuse prevention • Sexually transmitted diseases/HIV/sexual behavior • Dental health • Sun exposure • Injury prevention (including seat belt, helmet use) • Life stage issues-bereavement • Depression • Health Care Proxy/Advance Directives • Screen for HIV infection ages 15–65 • One time screening for HCV infection to adults born 1945–1965 • Family violence 	<ul style="list-style-type: none"> • Diet: discuss calcium and vitamin D • Exercise promotion • Menopause management • Smoking cessation • Alcohol/substance abuse prevention • Sexually transmitted diseases/HIV/sexual behavior • Dental health • Sun exposure • Injury prevention (including seat belt, helmet use and falls) • Life stage issues-bereavement • Depression • Health Care Proxy/Advance Directives • Bladder control problems • Screen for HIV infection ages 15–65 • One time screening for HCV infection to adults born 1945–1965 • Family violence
High Risk Individuals	<ul style="list-style-type: none"> • Aspirin therapy recommended for ages 55–79 when benefit outweighs risks • For additional vaccine recommendations, visit cdc.gov/vaccines/schedules/hcp/adult.html • Screen for syphilis infection in individuals at risk • Screen for latent tuberculosis infection in asymptomatic adults at increased risk 			

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