



# Recommended Screening Tests And Immunizations for Women Ages 13-19

This chart is a guideline only. Talk to your provider to personalize your health program.

Stay Healthy Tips for Women Teen Years	
To Do	How Often
<b>General Health</b>	
Checkup with pelvic exam	Discuss with health care provider
Blood pressure, weight/height	Discuss with health care provider
Dental checkup	1 to 2 times per year
Mole exam	Monthly self exam
Hearing test	Age 18, then every 10 years
Mental health screening	Discuss with health care provider
<b>Reproductive Health</b>	
Gyn visit	Discuss with health care provider
Preconception and Pregnancy care	See obstetric provider for checkup before pregnancy See obstetric provider as soon as pregnancy is confirmed
Chlamydia test	Every year, if sexually active
Sexually transmitted infections (STI) tests, e.g. syphilis, HIV	Know HIV test result regardless of risk. Both partners should get tested for STIs, before initiating sexual intercourse Every year if you have multiple partners or partner with STI
<b>Immunizations</b>	
Rubella (German measles) Varicella (Chickenpox), Influenza (seasonal flu), Hepatitis B	Discuss with health care provider
Tetanus-Diphtheria (Td) booster	Td 10 years
Tetanus, diphtheria, pertussis,	Discuss Tdap with health care provider
Human papilloma virus (HPV)	One time (age 9-26)
Meningococcal	Discuss with health care provider, if attending college

Adapted from:

- 1) American College of Obstetricians and Gynecologists
- 2) Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule
- 3) U.S. Department of Health and Human Services, Office on Women's Health. General Screenings and Immunizations for Women
- 4) U.S. Preventive Services Task Force, The Guide to Clinical Preventive Services



# Recommended Screening Tests And Immunizations for Women Ages 20-29

This chart is a guideline only. Talk to your provider to personalize your health program.

Stay Healthy Tips for Women in Their 20's	
To Do	How Often
<b>General Health</b>	
Checkup with pelvic exam	Discuss with health care provider
Blood pressure, height/weight	Discuss with health care provider
Cholesterol/lipid screen	Discuss with health care provider
Dental checkup	1 to 2 times per year
Mole exam	Every 3 years by health care provider, monthly self exam
Eye and vision test	At least 1 exam
Hearing test	Every 10 years
Mental health screening	Discuss with health care provider
<b>Reproductive Health</b>	
Cervical cancer screen (Pap)	Every three years starting at age 21
Preconception and Pregnancy care	See obstetric provider for checkup before pregnancy See obstetric provider as soon as pregnancy is confirmed
Chlamydia test	Every year until age 25, if sexually active
Sexually transmitted infections (STI) tests, e.g. syphilis, HIV	Know HIV test result regardless of risk. Both partners should get tested for STIs, before initiating sexual intercourse Every year if you have multiple partners or partner with STI
<b>Immunizations</b>	
Rubella (German measles), Varicella (Chickenpox), influenza (seasonal flu), Hepatitis B	Discuss with health care provider
Tetanus-Diphtheria (Td) booster	Every 10 years
Tetanus, diphtheria, pertussis (Tdap)	Discuss Tdap with health care provider
Human papilloma virus (HPV)	Once, ages 9-26
Meningococcal	Discuss with health care provider, if attending college

Adapted from:

- 1) American College of Obstetricians and Gynecologists
- 2) Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule
- 3) U.S. Department of Health and Human Services, Office on Women's Health. General Screenings and Immunizations for Women
- 4) U.S. Preventive Services Task Force, The Guide to Clinical Preventive Services



# Recommended Screening Tests And Immunizations for Women Ages 30-39

This chart is a guideline only. Talk to your provider to personalize your health program.

Stay Healthy Tips for Women in Their 30's	
To Do	How Often
<b>General Health</b>	
Checkup with pelvic exam	Discuss with health care provider
Blood pressure, height/weight	Discuss with health care provider
Cholesterol/lipid screen	Discuss with health care provider
Thyroid test (TSH)	Age 35, then every 5 years
Dental checkup	1 to 2 times per year
Mole exam	Every 3 years by health care provider, monthly self exam
Eye and vision test	At least 2 exams
Hearing test	Every 10 years
Mental health screening	Discuss with health care provider
<b>Reproductive Health</b>	
Cervical cancer screen (Pap)	Every 3 years, or every 5 years with HPV testing
Preconception health and Pregnancy care	See obstetric provider for checkup before pregnancy See obstetric provider as soon as pregnancy is confirmed
HIV	Know HIV test result regardless of risk.
Sexually transmitted infections (STI) e.g. Chlamydia, gonorrhea, syphilis	Both partners should get tested for STIs, before initiating sexual intercourse Every year if you have multiple partners or partner with STI
<b>Immunizations</b>	
Rubella (German measles), Varicella (Chickenpox), influenza (seasonal flu), Hepatitis B	Discuss with health care provider
Tetanus-Diphtheria (Td) booster	Every 10 years, Td
Tetanus, diphtheria, pertussis (Tdap)	Discuss Tdap with health care provider

Adapted from:

- 1) American College of Obstetricians and Gynecologists. Clinical Updates in Women's Health Care
- 2) Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule
- 3) U.S. Department of Health and Human Services, Office on Women's Health. General Screenings and Immunizations for Women
- 4) U.S. Preventive Services Task Force, The Guide to Clinical Preventive Services



# Recommended Screening Tests And Immunizations for Women Ages 40-49

This chart is a guideline only. Talk to your provider to personalize your health program.

Stay Healthy Tips for Women in Their 40's	
To Do	How Often
<b>General Health</b>	
Checkup with pelvic exam	Discuss with health care provider
Blood pressure, height/weight	Discuss with health care provider
Cholesterol/lipid screen	Every 5 years
Blood glucose test for diabetes	Age 45, then every 3 years
Thyroid test (TSH)	Age 35, then every 5 years
Dental checkup	1 to 2 times per year
Mole exam	Every year by health care provider, monthly self exam
Eye and vision test	Every 2-4 years
Hearing test	Every 10 years
Mammography	Every 2 years; Discuss with health care provider
Bone mineral density test	Discuss with health care provider
Mental health screening	Discuss with health care provider
<b>Reproductive Health</b>	
Cervical cancer screen (Pap)	Every 3 years, or every 5 years with HPV testing
Preconception health and Pregnancy care	See obstetric provider for checkup before pregnancy See obstetric provider as soon as pregnancy is confirmed
HIV	Know HIV test result regardless of risk.
Sexually transmitted infections (STI) e.g. Chlamydia, gonorrhea, syphilis	Both partners should get tested for STIs, before initiating sexual intercourse Every year if you have multiple partners or partner with STI
<b>Immunizations</b>	
Rubella (German measles), Varicella (Chickenpox), influenza (seasonal flu), Hepatitis B	Discuss with health care provider
Tetanus-Diphtheria (Td) booster	Every 10 years
Tetanus, diphtheria, pertussis (Tdap)	Discuss Tdap with health care provider

Adapted from:

- 1) American College of Obstetricians and Gynecologists
- 2) Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule
- 3) U.S. Department of Health and Human Services, Office on Women's Health. General Screenings and Immunizations for Women
- 4) U.S. Preventive Services Task Force, The Guide to Clinical Preventive Services



## Recommended Screening Tests And Immunizations for Women Ages 50-59

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Stay Healthy Tips for Women in Their 50's	
To Do	How Often
<b>General Health</b>	
Checkup with pelvic exam	Discuss with health care provider
Blood pressure, height/weight	At least every 1-2 years
Cholesterol/lipid screen	Every 5 years
Blood glucose test for diabetes	Every 3 years
Thyroid test (TSH)	Every 5 years
Dental checkup	1 to 2 times per year
Mole exam	Every year by health care provider, monthly self exam
Eye and vision test	Every 2-4 years
Hearing test	Every 3 years
Mammography	Every 1-2 years, discuss with health care provider
Bone mineral density test	Discuss with health care provider
Mental health screening	Discuss with health care provider
Colorectal cancer screen:	
Fecal occult blood test	Every year
Flexible sigmoidoscopy OR	Every 5 years
Double contrast barium enema OR	Every 5-10 years
Colonoscopy	Every 10 years
Rectal exam	Every 5-10 years, with each screen
<b>Gynecologic Health</b>	
Cervical cancer screen (Pap)	Every 3 years, or every 5 years with HPV testing
HIV	Know HIV test result, regardless of risk factors
Sexually transmitted infections (STI) e.g. chlamydia, gonorrhea, syphilis	Both partners should get tested for STIs, before initiating sexual intercourse
	Every year if you have multiple partners or partner with STI
<b>Immunizations</b>	
Influenza (flu)	Every year
Tetanus-Diphtheria (Td) booster	Every 10 years
Tetanus, diphtheria, pertussis (Tdap)	Discuss Tdap with health care provider

Adapted from:

- 1) American College of Obstetricians and Gynecologists. Clinical Updates in Women's Health Care
- 2) Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule
- 3) U.S. Department of Health and Human Services, Office on Women's Health. General Screenings and Immunizations for Women
- 4) U.S. Preventive Services Task Force, The Guide to Clinical Preventive Services



# Recommended Screening Tests And Immunizations for Women Ages 60+

This chart is a guideline only. Talk to your provider to personalize your health program.

Stay Healthy Tips for Women in Their 60's and Beyond	
To Do	How Often
<b>General Health</b>	
Checkup with pelvic exam	Discuss with health care provider
Blood pressure, height/weight	At least every 2 years
Cholesterol/lipid screen	Every 5 years
Blood glucose test for diabetes	Every 3 years
Thyroid test (TSH)	Every 5 years
Dental checkup	1 to 2 times per year
Mole exam	Every year by health care provider, monthly self exam
Eye and vision test	Every 1-2 years
Hearing test	Every 3 years
Mammography	Every 1-2 years, discuss with health care provider
Bone mineral density test	Discuss with health care provider
Mental health screening	Discuss with health care provider
<b>Colorectal cancer screen:</b>	
Fecal occult blood test	Every year
Flexible sigmoidoscopy OR	Every 5 years
Double contrast barium enema OR	Every 5-10 years
Colonoscopy	Every 10 years
Rectal exam	Every 5-10 years, with each screen
<b>Gynecologic Health</b>	
Cervical cancer screen (Pap)	Every 3 years, or every 5 years with HPV testing, until age 65
HIV	Know HIV test result, regardless of risk.
Sexually transmitted infections (STI) e.g. Chlamydia, gonorrhea, syphilis	Both partners should get tested for STIs, before initiating sexual intercourse Every year if you have multiple partners or partner with STI
<b>Immunizations</b>	
Influenza (flu)	Every year
Herpes zoster (shingles)	Discuss with health care provider, one time
Pneumococcal	One time only at age 65
Tetanus-Diphtheria (Td) booster	Every 10 years
Tetanus, diphtheria, pertussis (Tdap)	Discuss Tdap with health care provider

Adapted from:

- 1) American College of Obstetricians and Gynecologists. Clinical Updates in Women's Health Care
- 2) Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule
- 3) U.S. Department of Health and Human Services, Office on Women's Health. General Screenings and Immunizations for Women
- 4) U.S. Preventive Services Task Force, The Guide to Clinical Preventive Services