

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 with your primary care provider (PCP) are 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+
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Health History and Lifestyle Assessment

Complete or update assessment, including family history; physical 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 screening (glaucoma screening if family history)
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Tests

<ul style="list-style-type: none"> • Pap test beginning at age 21 and every three years (women ages 30–65 may choose to have a high risk HPV test with or without a Pap every five years) • Annual Chlamydia/Gonorrhea screening for all sexually active women age 24 and younger and at-risk sexually active women age 25-39 • One-time rubella antibody screening, especially if pregnant or planning on becoming pregnant • Screen for lipid disorders based on 10-year cardiovascular risk 	<ul style="list-style-type: none"> • Pap test every three years (women ages 30–65 may choose to have a high risk HPV test with or without a Pap every five years) • Chlamydia/Gonorrhea screening for at-risk sexually active women • One-time rubella antibody screening, especially if pregnant or planning on becoming pregnant • Talk with your doctor about risk and need for screening mammography every 1-2 years • Screen for prediabetes and diabetes, if overweight or obese • Screen for lipid disorders based on 10-year cardiovascular risk 	<ul style="list-style-type: none"> • Screening for colorectal cancer (CRC) using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard), sigmoidoscopy, or colonoscopy • Pap test every three years (women ages 30–65 may choose to have a high risk HPV test with or without a Pap every five years) • Chlamydia/Gonorrhea screening for at-risk sexually active women • Screening mammography every 1-2 years • Osteoporosis screening with a DEXA (bone density) test in postmenopausal women younger than 65 years who are at increased risk • Screen for prediabetes and diabetes, if overweight or obese • Screen for lipid disorders based on 10-year cardiovascular risk 	<ul style="list-style-type: none"> • Screening for colorectal cancer (CRC) using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard), sigmoidoscopy, or colonoscopy, until age 75 • Pap test is optional after age 65; talk with your doctor • Chlamydia/Gonorrhea screening for at-risk sexually active women • Screening mammography, every 1-2 years until age 74 • Osteoporosis screening with a DEXA (bone density) test for all women beginning at age 65 • Screen for prediabetes and diabetes, until age 70, if overweight or obese • Screen for lipid disorders based on 10-year cardiovascular risk
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Women Ages 19–39	Women Ages 40–49	Women Ages 50–64	Women Ages 65+
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Immunization			
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<ul style="list-style-type: none"> • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years • Flu annually • HPV ages 19–26 if not previously vaccinated; Catch-up for those at risk • Varicella for those without evidence of prior vaccination, disease, or immunity • MMR for those without evidence of prior vaccination or immunity 	<ul style="list-style-type: none"> • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years • Flu annually • Varicella for those without evidence of prior vaccination, disease, or immunity • MMR for those without evidence of prior vaccination or immunity • HPV catch-up (to age 45) for those at risk 	<ul style="list-style-type: none"> • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years • Flu annually • Shingles unless contraindicated • MMR for those without evidence of prior vaccination or immunity 	<ul style="list-style-type: none"> • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years • Flu annually • Pneumococcal conjugate and pneumococcal polysaccharide • Shingles unless contraindicated
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Counseling/Screening			
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<ul style="list-style-type: none"> • Diet and exercise • 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 	<ul style="list-style-type: none"> • Diet and exercise • 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 	<ul style="list-style-type: none"> • Diet and exercise • 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-grief, loss • Depression • Health Care Proxy/Advance Directives • Screen for HIV infection 	<ul style="list-style-type: none"> • Diet and exercise • Smoking cessation • Alcohol/substance abuse prevention • Sexually transmitted diseases/HIV/sexual behavior • Dental health • Sun exposure • Injury prevention (including driving safety, falls) • Life stage issues-grief, loss • Depression • Health Care Proxy/Advance Directives/end-of-life planning • Bladder control problems • Screen for HIV infection • One time screening for Hepatitis C infection to adults born 1945–1965
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High Risk Individuals

- Low-dose aspirin therapy recommended for ages 50-59 when 10-year cardiovascular disease risk is high (≥10%)
- Screen for syphilis infection in individuals at risk
- Screen for latent tuberculosis infection in asymptomatic adults at increased risk
- Lung cancer screening for age 55-80, if 30-year history of smoking one pack per day, and currently smoking, or quit within the past 15 years
- Hepatitis B screening for high risk individuals
- HIV pre-exposure prophylaxis in high risk individuals
- Adults with a body mass index of 30 or higher should consider intensive weight loss interventions

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.