

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. Preventive care for transgender individuals may require special considerations. Please talk to your doctor about the preventive care you may need. Visits with your primary care provider (PCP) **are recommended every 1–3 years and should include the following based on age.**

Ages 19–39	Ages 40–49	Ages 50–64	Ages 65+
Health History and Lifestyle Assessment			
Complete or update assessment, including family history; physical activity; tobacco, alcohol, and drug use; and sexual practices			
Physical Exam			
Height and weight (Body Mass Index [BMI]) Blood pressure	Height and weight (Body Mass Index [BMI]) Blood pressure Vision screening	Height and weight (Body Mass Index [BMI]) Blood pressure Vision screening	Height and weight (Body Mass Index [BMI]) Blood pressure Hearing and vision screening (glaucoma screening if family history)
Tests			
<p>Pap test beginning at age 21 and every three years (women ages 30–65 may choose to have a high risk Human Papillomavirus (HPV) test with or without a Pap every five years)</p> <p>Annual chlamydia/gonorrhea screening for all sexually active women ages 24 and younger and at-risk sexually active women ages 25–39</p> <p>One-time rubella antibody screening, especially if pregnant or planning to become pregnant</p> <p>Screen for lipid disorders based on 10-year cardiovascular risk</p> <p>One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk</p>	<p>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)</p> <p>Chlamydia/gonorrhea screening for at-risk sexually active women</p> <p>One-time rubella antibody screening, especially if pregnant or planning to become pregnant</p> <p>Talk with your doctor about risk and need for screening mammography every 1–2 years</p> <p>Screen for prediabetes and diabetes, if overweight or obese</p> <p>Screen for lipid disorders based on 10-year cardiovascular risk</p> <p>Screening for colorectal cancer beginning at age 45 using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard[®]), sigmoidoscopy, or colonoscopy</p> <p>One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk</p>	<p>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)</p> <p>Chlamydia/gonorrhea screening for at-risk sexually active women</p> <p>Screening mammography every 1–2 years</p> <p>Osteoporosis screening with a DEXA (bone density) test in postmenopausal women younger than 65 years who are at increased risk</p> <p>Screen for prediabetes and diabetes, if overweight or obese</p> <p>Screen for lipid disorders based on 10-year cardiovascular risk</p> <p>Screening for colorectal cancer using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard[®]), sigmoidoscopy, or colonoscopy</p> <p>One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk</p>	<p>Screening for CRC using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard[®]), sigmoidoscopy, or colonoscopy, until age 85</p> <p>Pap test is optional after age 65; talk with your doctor</p> <p>Chlamydia/gonorrhea screening for at-risk sexually active women</p> <p>Screening mammography, every 1–2 years until age 74</p> <p>Osteoporosis screening with a DEXA (bone density) test for all women beginning at age 65</p> <p>Screen for prediabetes and diabetes, until age 70, if overweight or obese</p> <p>Screen for lipid disorders based on 10-year cardiovascular risk</p> <p>One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk</p>

Ages 19–39	Ages 40–49	Ages 50–64	Ages 65+
Immunizations/Vaccines			
One-time dose Tetanus/ Diphtheria/Pertussis; Tetanus/ Diphtheria booster every 10 years Annual flu vaccine 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 Measles, Mumps, Rubella (MMR) for those without evidence of prior vaccination or immunity COVID-19 vaccine primary series and additional doses based on CDC recommendations	One-time dose Tetanus/ Diphtheria/Pertussis; Tetanus/ Diphtheria booster every 10 years Annual flu vaccine 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 COVID-19 vaccine primary series and additional doses based on CDC recommendations	One-time dose Tetanus/ Diphtheria/Pertussis; Tetanus/ Diphtheria booster every 10 years Annual flu vaccine Shingles unless contraindicated MMR for those without evidence of prior vaccination or immunity COVID-19 vaccine primary series and additional doses based on CDC recommendations	One-time dose Tetanus/ Diphtheria/Pertussis; Tetanus/ Diphtheria booster every 10 years Annual flu vaccine Pneumococcal conjugate and pneumococcal polysaccharide Shingles unless contraindicated COVID-19 vaccine primary series and additional doses based on CDC recommendations

Counseling/Screening			
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	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	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	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

High Risk Individuals

Low-dose aspirin therapy recommended for ages 50–59 when 10-year cardiovascular disease risk is high ($\geq 10\%$)

Screen for syphilis infection in individuals at risk

Screen for latent tuberculosis infection in asymptomatic adults at increased risk

Lung cancer screening for age 50–80, if 20-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 BMI of 30 or higher should consider intensive weight loss interventions

Genetic testing for women with a family history of breast, ovarian, tubal, or peritoneal cancers

Additional COVID-19 doses for individuals at risk, based on CDC recommendations

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.

Current information on the COVID-19 vaccine can be found at [CDC.gov/COVID](https://www.cdc.gov/COVID). Appropriate immunization is recommended.