

Women's Preventive Health Care

Disease Screenings	Age	Frequency
 Well-woman checkup	18 - 80+	Once a year with your primary care provider. This checkup normally includes a blood pressure screening.
 Hepatitis C screening	18 - 79	One time blood test between the ages of 18 and 79.
 Cholesterol screening	20 - 80+	Cholesterol levels should be checked regularly with a blood test.
 Diabetes screening	20 - 80+	Hemoglobin A1C, which measures blood sugar control over three months, should be checked regularly.
 Pelvic exam	21 - 80+	As indicated by personal and family history, with a primary care provider, gynecologist or nurse-midwife.
 HIV test	13 - 64	At least once as part of routine health care for women between the ages of 13 and 64. Those at higher risk for HIV (human immunodeficiency virus) infection may need to get tested more often. If pregnant, you'll need to get tested.
 STI screening	15 - 80+	Every year for sexually active women between 15 and 25 years. Women 25 years and older with risk factors, such as new or multiple sex partners, should be screened annually.
 HPV test	30 - 65	Screened during a pelvic exam. HPV (human papillomavirus) is the top cause for cervical cancer and genital warts.
 Osteoporosis screening	65 - 80+	DEXA bone scan. Repeated as determined by their provider.
Cancer Screenings	Age	Frequency
 Cervical cancer screening (Pap test)	21 - 65	Screened during a pelvic exam every 3 years from 21 to 30 years old, and every 5 years from 30 to 65.
 Breast cancer screening (Mammogram)	40 - 75	Recommendations vary depending on risk factors. Discuss with your provider.
 Colon cancer screening	45 - 75	Normal colonoscopies repeated every 10 years; normal stool screenings repeated annually.
 Lung cancer screening	50 - 77	Once a year for a tobacco smoking history of at least 20 pack-years (smoking one pack per day for 20 years), a current smoker, or one who has quit smoking within the last 15 years.

Vaccines	Age	Frequency
Seasonal flu vaccine	6 months - 80+	Everyone age 6 months and older should receive one dose annually.
COVID vaccine		Speak with your health care provider about how often you should get this vaccine.
Tetanus, Diphtheria, Pertussis (Td/Tdap)	2 months - 80+	1 dose Tdap, then Td or Tdap booster every 10 years.
Tdap (during pregnancy)	27 - 36 weeks of pregnancy	1 dose Tdap each pregnancy during the 27th through 36th week of pregnancy to lower the risk of whooping cough in babies younger than 2 months.
MMR vaccine	19 - 80+	1 or 2 doses depending on indication (if born in 1957 or later).
Respiratory Syncytial Virus (RSV) — During pregnancy or after childbirth	27 - 36 weeks of pregnancy (1 - 8 months)	Protects your baby from getting very sick with RSV. You can choose to get the vaccine during weeks 32 through 36 of your pregnancy, or your baby can get vaccinated at age 8 months or younger during their first RSV season.
Respiratory Syncytial Virus (RSV) — Adult	60 - 80+	Single dose.
Shingles	50 - 80+	Two doses of the shingles vaccine called Shingrix (recombinant zoster vaccine) for adults 50 years and older to prevent getting shingles and the complications from the disease.
Meningococcal, Hepatitis A and Hepatitis B	19 - 80+	1 to 4 doses depending on age and vaccine.
Human Papillomavirus (HPV)	9 - 45	Protects against cervical cancer and genital warts. Two doses are recommended for girls 9 to 14 years old and three doses for girls and women 15 to 45.
Pneumococcal	65 - 80+	Talk with your provider about doses.
Mpox	18 - 80+	Two doses. The second dose of JYNNEOS vaccine should be given 28 days (4 weeks) after the first dose.

These are guidelines only. Your health care provider will personalize the timing and frequency of screenings and vaccinations based on your personal health factors.

