

# 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+
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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

Ages 19–39	Ages 40–49	Ages 50–64	Ages 65+
Height and weight (Body Mass Index [BMI])	Height and weight (Body Mass Index [BMI])	Height and weight (Body Mass Index [BMI])	Height and weight (Body Mass Index [BMI])
Blood pressure	Blood pressure	Blood pressure	Blood pressure
	Vision screening	Vision screening	Hearing and vision screening (glaucoma screening if family history)

## Tests

Ages 19–39	Ages 40–49	Ages 50–64	Ages 65+
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)	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)	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)	Screening for CRC using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard <sup>®</sup> ), sigmoidoscopy, or colonoscopy, until age 85
Annual chlamydia/gonorrhea screening for all sexually active women ages 24 and younger and at-risk sexually active women ages 25–39	Chlamydia/gonorrhea screening for at-risk sexually active women	Chlamydia/gonorrhea screening for at-risk sexually active women	Pap test is optional after age 65; talk with your doctor
One-time rubella antibody screening, especially if pregnant or planning to become pregnant	One-time rubella antibody screening, especially if pregnant or planning to become pregnant	Screening mammography every 1–2 years	Chlamydia/gonorrhea screening for at-risk sexually active women
Screen for lipid disorders based on 10-year cardiovascular risk	Talk with your doctor about risk and need for 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	Screening mammography, every 1–2 years until age 74
One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk	Screen for prediabetes and diabetes, if overweight or obese	Screen for prediabetes and diabetes, if overweight or obese	Osteoporosis screening with a DEXA (bone density) test for all women beginning at age 65
	Screen for lipid disorders based on 10-year cardiovascular risk	Screen for lipid disorders based on 10-year cardiovascular risk	Screen for prediabetes and diabetes, until age 70, if overweight or obese
	Screening for colorectal cancer beginning at age 45 using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard <sup>®</sup> ), sigmoidoscopy, or colonoscopy	Screening for colorectal cancer using fecal occult blood testing, multi-targeted stool DNA test (e.g., Cologuard <sup>®</sup> ), sigmoidoscopy, or colonoscopy	Screen for lipid disorders based on 10-year cardiovascular risk
	One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk	One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk	One time screening for Hepatitis C for ages 18–79. Periodic screening for those at increased risk

Ages 19–39	Ages 40–49	Ages 50–64	Ages 65+
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### Immunizations/Vaccines

<p>One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years</p> <p>Annual flu vaccine</p> <p>HPV ages 19–26 if not previously vaccinated; Catch-up for those at risk</p> <p>Varicella for those without evidence of prior vaccination, disease, or immunity</p> <p>Measles, Mumps, Rubella (MMR) for those without evidence of prior vaccination or immunity</p> <p><b>COVID-19 vaccine primary series and additional doses based on CDC recommendations</b></p>	<p>One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years</p> <p>Annual flu vaccine</p> <p>Varicella for those without evidence of prior vaccination, disease, or immunity</p> <p>MMR for those without evidence of prior vaccination or immunity</p> <p>HPV catch-up (to age 45) for those at risk</p> <p><b>COVID-19 vaccine primary series and additional doses based on CDC recommendations</b></p>	<p>One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years</p> <p>Annual flu vaccine</p> <p>Shingles unless contraindicated</p> <p>MMR for those without evidence of prior vaccination or immunity</p> <p><b>COVID-19 vaccine primary series and additional doses based on CDC recommendations</b></p>	<p>One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years</p> <p>Annual flu vaccine</p> <p>Pneumococcal conjugate and pneumococcal polysaccharide</p> <p>Shingles unless contraindicated</p> <p><b>COVID-19 vaccine primary series and additional doses based on CDC recommendations</b></p>
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### Counseling/Screening

Diet and exercise	Diet and exercise	Diet and exercise	Diet and exercise
Smoking cessation	Smoking cessation	Smoking cessation	Smoking cessation
Alcohol/substance abuse prevention	Alcohol/substance abuse prevention	Alcohol/substance abuse prevention	Alcohol/substance abuse prevention
Sexually transmitted diseases/HIV/sexual behavior	Sexually transmitted diseases/HIV sexual behavior	Sexually transmitted diseases/HIV/sexual behavior	Sexually transmitted diseases/HIV/sexual behavior
Family planning	Family planning	Dental health	Dental health
Dental health	Dental health	Sun exposure	Sun exposure
Sun exposure	Sun exposure	Injury prevention (including seat belt, helmet use)	Injury prevention (including driving safety, falls)
Injury prevention (including seat belt, helmet use)	Injury prevention (including seat belt, helmet use)	Life stage issues-grief, loss	Life stage issues-grief, loss
Life stage issues-family, child	Life stage issues-family, child	Depression	Depression
Depression	Depression	Health Care Proxy/Advance Directives	Health Care Proxy/Advance Directives/end-of-life planning
Health Care Proxy/Advance Directives	Health Care Proxy/Advance Directives	Screen for HIV infection	Bladder control problems
Screen for HIV infection	Screen for HIV infection		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.