

# Preventive Care Guidelines **for Women**



Visits recommended every 1-3 years and should include:

	Women ages 19 to 39	Women ages 40 to 49	Women ages 50 to 64	Women ages 65 and older
<b>Health history and lifestyle assessment</b>	Complete or update assessment, including family history, activity, tobacco, alcohol, drug use and sexual practices	Complete or update assessment, including family history, activity, tobacco, alcohol, drug use and sexual practices	Complete or update assessment, including family history, activity, tobacco, alcohol, drug use and sexual practices	Complete or update assessment, including family history, activity, tobacco, alcohol, drug use and sexual practices
<b>Physical Exam</b>	<ul style="list-style-type: none"> <li>Height and weight (Body Mass Index)</li> <li>Blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Height and weight (Body Mass Index)</li> <li>Blood pressure</li> <li>Vision screening</li> </ul>	<ul style="list-style-type: none"> <li>Height and weight (Body Mass Index)</li> <li>Blood pressure</li> <li>Vision screening</li> </ul>	<ul style="list-style-type: none"> <li>Height and weight (Body Mass Index)</li> <li>Blood pressure</li> <li>Hearing and vision screening*</li> </ul>
<b>Tests**</b>	<ul style="list-style-type: none"> <li>Screen women aged 20 and over for lipid disorders if they are at increased risk for heart disease</li> <li>Pap test beginning at age 21 and at least every 3 years</li> <li>Annual Chlamydia screening for sexually active women aged 24 and younger and older women at risk</li> <li>Rubella antibody screening once</li> <li>Tuberculosis screening by PPD test as indicated</li> <li>Screen for Type 2 diabetes if blood pressure &gt;135/80</li> </ul>	<ul style="list-style-type: none"> <li>Screen women aged 45 and older for lipid disorders every 5 years</li> <li>Screen 40 to 44-year-old women for lipid disorders if they have risk factors for heart disease</li> <li>Pap test at least every 3 years</li> <li>Annual Chlamydia screening for at-risk sexually active women</li> <li>Rubella antibody screening once</li> <li>Mammogram frequency to be discussed with your doctor</li> <li>Tuberculosis screening by PPD as indicated</li> <li>Screen for Type 2 diabetes if blood pressure &gt;135/80</li> </ul>	<ul style="list-style-type: none"> <li>Screen for lipid disorders every 5 years</li> <li>Screening for colorectal cancer (CRC) using fecal occult blood testing, sigmoidoscopy, or colonoscopy, beginning at age 50 years and continuing until age 75 years; if you are over age 50, talk with your doctor regarding the frequency of screening needed</li> <li>Pap test at least every 3 years</li> <li>Chlamydia screening if at risk</li> <li>Mammogram every 1-2 years</li> <li>Osteoporosis screening for post-menopausal women at risk age 50 or older</li> <li>Tuberculosis screening by PPD test as indicated</li> <li>Screen for Type 2 diabetes if blood pressure &gt;135/80</li> </ul>	<ul style="list-style-type: none"> <li>Screen for lipid disorders every 5 years</li> <li>Screening for colorectal cancer (CRC) using fecal occult blood testing, sigmoidoscopy, or colonoscopy, beginning at age 50 years and continuing until age 75 years; if you are over age 50, talk with your doctor regarding the frequency of screening needed</li> <li>Pap test is optional after age 65 discuss with your doctor whether you should have this test</li> <li>Mammogram every 1-2 years until age 74; then as indicated after age 74</li> <li>Osteoporosis screening for women ages 65 and up</li> <li>Tuberculosis screening by PPD test as indicated</li> <li>Screen for Type 2 diabetes if blood pressure &gt;135/80</li> </ul>
<b>Immunizations</b>	<ul style="list-style-type: none"> <li>One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years</li> <li>Flu vaccine annually</li> <li>HPV vaccine for ages 19-26 as recommended</li> </ul>	<ul style="list-style-type: none"> <li>One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years</li> <li>Flu vaccine annually</li> </ul>	<ul style="list-style-type: none"> <li>One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years</li> <li>Flu vaccine annually</li> <li>Zoster vaccine for ages 60 and up unless contraindicated</li> </ul>	<ul style="list-style-type: none"> <li>One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years</li> <li>Flu vaccine annually</li> <li>Pneumococcal vaccine once in a lifetime from age 65; booster as recommended</li> <li>Zoster vaccine for ages 60 and up unless contraindicated</li> </ul>
<b>Counseling / Screening</b>	<ul style="list-style-type: none"> <li>Diet: discuss calcium with all women and folic acid with those at risk for or considering pregnancy</li> <li>Exercise promotion</li> <li>Smoking cessation</li> <li>Alcohol/substance abuse prevention</li> <li>Sexually transmitted diseases/HIV/sexual behavior</li> <li>Family planning</li> <li>Dental health</li> <li>Sun exposure</li> <li>Injury prevention (including seat belt, helmet use)</li> <li>Life stage issues (family, child)</li> <li>Depression</li> <li>Health Care Proxy/Advance Directives</li> </ul>	<ul style="list-style-type: none"> <li>Diet: discuss calcium with all women and folic acid with those at risk for or considering pregnancy</li> <li>Exercise promotion</li> <li>Smoking cessation</li> <li>Alcohol/substance abuse prevention</li> <li>Sexually transmitted diseases/HIV/sexual behavior</li> <li>Family planning</li> <li>Dental health</li> <li>Sun exposure</li> <li>Injury prevention (including seat belt, helmet use)</li> <li>Life stage issues (family, child, bereavement)</li> <li>Depression</li> <li>Health Care Proxy/Advance Directives</li> </ul>	<ul style="list-style-type: none"> <li>Diet: discuss calcium and vitamin D</li> <li>Exercise promotion</li> <li>Menopause management</li> <li>Smoking cessation</li> <li>Alcohol/substance abuse prevention</li> <li>Sexually transmitted diseases/HIV/sexual behavior</li> <li>Dental health</li> <li>Sun exposure</li> <li>Injury prevention (including seat belt, helmet use)</li> <li>Life stage issues (bereavement)</li> <li>Depression</li> <li>Health Care Proxy/ Advance Directives</li> </ul>	<ul style="list-style-type: none"> <li>Diet: discuss calcium and vitamin D</li> <li>Exercise promotion</li> <li>Menopause management</li> <li>Smoking cessation</li> <li>Alcohol/substance abuse prevention</li> <li>Sexually transmitted diseases/HIV/sexual behavior</li> <li>Dental health</li> <li>Sun exposure</li> <li>Injury prevention (including seat belt, helmet use and falls)</li> <li>Life stage issues (bereavement)</li> <li>Depression</li> <li>Health Care Proxy/Advance Directives</li> <li>Bladder control problems</li> </ul>
<b>High Risk Individuals</b>	<ul style="list-style-type: none"> <li>Aspirin therapy recommended for ages 45-79 years when benefit outweighs risks</li> <li>Menigococcal, Varicella, Hep B, Measles/Mumps/Rubella and Hep A immunizations for those at risk</li> <li>Pneumococcal vaccine recommended for those at risk; booster as needed</li> </ul>			

\*if you have a family history of glaucoma talk with your doctor about whether screening may be right for you.

\*\*if you are under age 50, talk with your doctor about your personal risk for osteoporosis and the need for testing.

Guidelines adapted from the U.S. Preventive Services Task Force. Talk to your doctor about preventive services are right for you. Your benefits may allow for services more frequently than what is listed here.