

The Best Protection Is Early Detection

The following are recommended health tests for

WOMEN

Try planning checkups around your birthday; they're easier to remember.

TEST	AGE	FREQUENCY
Routine Physical Exam (Preventive Health Visit)	18	Every 3 – 5 years
	40	Every 1 – 2 years
	50	Annual
Behavioral Health	18	Annually or as needed. Discuss with your doctor.
Blood Pressure Reading	18	Every 1 – 2 years or as directed by doctor; more frequently if over 140/90
Bone Density Test (For osteoporosis)	Under 65	For postmenopausal women with risk factors-baseline test, then as needed.
	65 & Older	Baseline test, then as needed.
Breast Cancer Screenings	40 & older	Mammogram and clinical breast exam (CBE) annually.
	20s & 30s	CBE about every 3 years.
	Starting in 20s	Choose whether or how often to do breast-self exam (BSE).
Cholesterol Check	18	Every 5 years or as directed by doctor.
Colorectal Screenings	50 or older	One of these 7 schedules – Tests that find polyps and cancer (preferred): <ul style="list-style-type: none"> • -flexible sigmoidoscopy every 5 years or • double contrast barium enema every 5 years or • CT colonography (virtual colonoscopy) every 5 years or • colonoscopy every 10 years

Colorectal Screenings Con't		Tests that mainly find cancer: <ul style="list-style-type: none"> • fecal occult blood test every year or • fecal immunochemical test every year or • stool DNA test (talk with your doctor about frequency)
Dental Checkup	Begin in childhood	Every 6 months
Diabetes Screening	18 – 44 45 & Older	If you are overweight and have other risk factors If you are overweight
Endometrial Screenings	35 At Menopause	Women should discuss risk factors with doctor and see if screenings are advised Report unexpected bleeding or spotting to doctor
Eye Exam	20-29 30-39 40 40-64 65 & Older	At least once At least twice Baseline eye disease screen As directed by doctor Every 1 – 2 years
Hearing Test	18-50 51 & Older	Every 10 years Every 3 years
Immunizations	18	Discuss with your doctor
Infectious Diseases Screen (HIV, Hepatitis C, STDs)	18, if high risk or earlier is sexually active)	Discuss with your health care provider.
Pap Test	After first intercourse Or By age 21	Every 1 – 2 years
Pelvic Exam	18	Annually; earlier if sexually active before age 18
Skin Cancer	18	Self-exam monthly. Clinical exam by doctor every 3 years
Thyroid Screening	35 & Older	Every 5 years or as directed by doctor.