

General Screenings and Immunizations for Women

These charts are guidelines only. Your doctor or nurse will personalize the timing of each test and immunization to meet your health care needs.

Screening tests	Ages 19–39	Ages 40–49	Ages 50–64	Ages 65 and older
General health: Full checkup, including weight and height. Ask your doctor or nurse about health topics such as: <ul style="list-style-type: none"> • Overweight and obesity • Tobacco use • Alcohol use • Depression • Thyroid (TSH) testing • Skin and mole exam 	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
HIV test	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Discuss with your doctor or nurse.
Heart health: Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone health: Bone mineral density test			Discuss with your doctor or nurse.	At least once. Talk to your doctor or nurse about repeat testing.
Diabetes: Blood glucose or A1c test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years	Every 3 years
Breast health: Mammogram (x-ray of breast)		Every 1–2 years. Discuss with your doctor or nurse.	Every 1–2 years. Discuss with your doctor or nurse.	Every 1–2 years. Discuss with your doctor or nurse.
Clinical breast exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive health: Pap test	Every 2 years starting at age 21. Women 30 and older, every 3 years.	Every 3 years	Every 3 years	Discuss with your doctor or nurse.
Pelvic exam	Yearly beginning at age 21. Younger than 21 and sexually active, discuss with your doctor or nurse.	Yearly	Yearly	Yearly
Chlamydia test	Yearly until age 24 if sexually active. Age 25 and older, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.

Screening tests	Ages 19–39	Ages 40–49	Ages 50–64	Ages 65 and older
Colorectal health: Many tests can screen for colorectal cancer.			Talk to your doctor or nurse about which test is best for you and how often you need it.	Talk to your doctor or nurse about which test is best for you and how often you need it.
Eye and ear health: Comprehensive eye exam	Discuss with your doctor or nurse.	Get a baseline exam at age 40, then every 2–4 years or as your doctor advises.	Every 2–4 years until age 55, then every 1–3 years until age 65, or as your doctor advises.	Every 1–2 years
Hearing screening	Every 10 years	Every 10 years	Every 3 years	Every 3 years
Oral health: Dental and oral cancer exam	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.

Immunizations	Ages 19–39	Ages 40–49	Ages 50–64	Ages 65 and older
Influenza vaccine	Every fall (or winter)	Every fall (or winter)	Every fall (or winter)	Every fall (or winter)
Tetanus, diphtheria, pertussis (Td,Tdap) vaccine	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.
Varicella (chickenpox) vaccine	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.
Human papillomavirus (HPV) vaccine	You need this vaccine if you are 26 or younger and have not already completed the vaccine series.			
Zoster (shingles) vaccine			Starting at age 60, you need a single dose of this vaccine.	Starting at age 60, you need a single dose of this vaccine.
Measles, mumps, rubella (MMR) vaccine	If you have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	If you have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	If you were born in 1957 or later and have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	
Pneumococcal vaccine	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine.	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine.	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine.	You need 1 dose at 65 (or older) if you have never been vaccinated. You may also need a second dose.
Meningococcal vaccine	You need this vaccine if you are a young adult planning to live at college or have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.
Hepatitis A vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Hepatitis B vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.

