

Women (18 years and older)

# Preventive Care Checklist

We're here to help you make your health a priority. To get started, use our preventive care checklists highlighting some of the exams, vaccines and screenings that can help you and your loved ones avoid or minimize potential health problems.<sup>1</sup> No matter how healthy you are today, having a discussion with your doctor about preventive care can make a difference in the long run — for you and the people you care about.

Exams		
Periodic Well Visit with your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Vaccines		
Flu Shot (every fall)	18 and older	<input type="radio"/>
Human Papillomavirus (HPV) <sup>2,3</sup>	26 and younger	<input type="radio"/>
Pneumonia (Pneumococcal and Prevnar)	19 – 64 <sup>2</sup> 65 and older	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Td/Tdap) (every 10 years)	18 and older	<input type="radio"/>
Shingles (Shingrix or Zostavax) <sup>2</sup>	50 and older	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Blood Sugar (Diabetes) <sup>2</sup>	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Breast Cancer (Mammogram) <sup>2</sup>	40 – 74	<input type="radio"/>
Cervical Cancer (Pap Smear, HPV Testing)	21 – 65	<input type="radio"/>
Sexually Transmitted Disease (Chlamydia, Gonorrhea) <sup>2</sup>	24 and younger	<input type="radio"/>
Cholesterol <sup>2</sup>	20 and older	<input type="radio"/>
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	50 – 75	<input type="radio"/>
Depression	18+ and pregnant and postpartum women	<input type="radio"/>
Hepatitis B	18+ and pregnant women	<input type="radio"/>
Hepatitis C	18 – 79	<input type="radio"/>
HIV <sup>2</sup>	18 – 65	<input type="radio"/>
Osteoporosis <sup>2</sup>	65 and older and under 64 with risk factors	<input type="radio"/>
Lung Cancer	55 – 80 (with a history of smoking)	<input type="radio"/>
Tobacco and Alcohol Use Counseling	18 and older	<input type="radio"/>
Tuberculosis <sup>2</sup>	18 and older	<input type="radio"/>

<sup>1</sup> The information in these checklists includes recommendations adapted from the following sources as of December 2020 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration. <sup>2</sup> Based on risk factors, and as advised by your doctor. <sup>3</sup> For ages 27 – 45, shared clinical decision-making between member and PCP.