

SHARP Health Plan

Women (18 years and older)¹

Preventive Care Checklist

Discuss your checklist with your doctor to develop your own personalized preventive care plan. Your doctor will help you determine which tests and health screenings are best for you based on your age, gender, health status and family history.

Exams		
Periodic Well Visit with Your PCP (schedule at least 2 months in advance) and/or a yearly well woman preventative visit with your PCP or OB-GYN as determined by age and risk factors	18 and older	<input type="radio"/>
Vaccines		
COVID-19*	18 and older	<input type="radio"/>
Flu Shot (every fall)	18 and older	<input type="radio"/>
Human Papillomavirus (HPV) ^{2,3}	26 and younger	<input type="radio"/>
Pneumonia (Pneumovax 15 followed by Pneumovax or Prevnar 20)	19 – 64 ² 65 and older	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Td/Tdap every 10 years)	18 and older	<input type="radio"/>
Hepatitis B	19 – 59 ⁶	<input type="radio"/>
Shingles (Shingrix)	50 and older ⁷	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Blood Sugar (Diabetes) ²	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Breast Cancer (Mammogram) ²	40 – 74	<input type="radio"/>
Cervical Cancer (Pap Smear, HPV Testing)	21 – 65	<input type="radio"/>
Sexually Transmitted Disease (Chlamydia, Gonorrhea, Syphilis) ²	18 and older	<input type="radio"/>
Cholesterol ²	20 and older	<input type="radio"/>
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	45 – 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 ²	18 – 65	<input type="radio"/>
Intimate Partner Violence	18 and older	<input type="radio"/>
Osteoporosis ²	65 and older and under 64 with risk factors	<input type="radio"/>
Lung Cancer ⁵	50 – 80	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Tuberculosis ²	18 and older	<input type="radio"/>

*Some COVID-19 vaccines are authorized under EUA (emergency use authorization). ¹The information in these checklists includes recommendations adapted from the following sources as of January 2023 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. Also check the age related preventive health checklist. ²Based on risk factors, and as advised by your doctor. ³For ages 27 – 45, shared clinical decision-making between member and PCP. ⁴One-time screening. ⁵With a 20 pack year smoking history and currently smoke or have quit within the past 15 years. ⁶greater than 60 years if additional risk factors. ⁷19 and older if immunodeficient or immunosuppressed because of disease or therapy.