SHARP Health Plan

Women (18 years and older)[1]

Preventive Care Checklist

The following preventive care checklist is not a complete list of guidelines. Please consult 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.

Visits		
Periodic Well Visit With Your PCP (schedule at least 2 months in advance) and/or a Yearly Well Woman Preventive Visit with PCP/OB-GYN	18 and older	☐
Vaccines[5]		
COVID-19 (Series and Booster)[4]	18 and older	☐
Flu Shot (every fall)	18 and older	☐
Hepatitis B	19 – 49, 50 and older[2]	☐
Human Papillomavirus (HPV)[2]	18 – 45	☐
Measles, Mumps and Rubella (MMR)[2]	18 and older	☐
Pneumonia (PCV15, PCV20, PCV21, PPSV23)	19 – 49[2], 50 and older	☐
RSV	50 – 74[2], pregnancy[3], 75 and older	☐
Shingles (Shingrix)	19 – 49[2], 50 and older	☐
Tetanus, Diphtheria, Pertussis (Td/Tdap every 10 years)	18 and older	☐
Screenings		
Blood Pressure	18 and older	☐
Blood Sugar (Diabetes)	18 and older	☐
Body Mass Index (BMI)	18 and older	☐
Breast Cancer (Mammogram)	40 – 74, every year	☐
Cervical Cancer (Pap Smear, HPV Testing)	21 – 65	☐
Cholesterol	18 and older	☐
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	45 – 75	☐
Depression and Suicide Risk	18 and older, pregnant and postpartum women	☐
Fall Prevention	65 and older	☐
Healthy Weight Counseling[2]	18 and older with a BMI of 30 kg/m^2 or higher[2]	☐
Hepatitis B[2]	18 and older, pregnant women	☐
Hepatitis C	18 – 79	☐
HIV	18 – 65	☐
Intimate Partner Violence	18 and older	☐
Lung Cancer	50 – 80[2]	☐
Osteoporosis	65 and older, under 65[2]	☐
Sexually Transmitted Disease (Chlamydia, Gonorrhea, Syphilis)	18 and older	☐
Tobacco, Drug and Alcohol Use Screening	18 and older	☐
Tuberculosis	18 and older	☐

[1] The information in these checklists includes recommendations adapted from the following sources as of September 2025 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.
[2] Based on risk factors and as advised by your doctor.
[3] Reach out to your doctor for details. Pregnancy at 32 – 36 weeks during the months of September – January.
[4] You are eligible for the series and booster: all who are 65 years and older, all who are younger than 65 with risk factors, all who are in close contact with others with risk factors and all who choose protection, including all who are planning pregnancy, pregnant, postpartum or lactating.
[5] For more information about vaccine schedules, please visit **cdc.gov/vaccines**.