

Recommended Health Check-Up for Women

Type of Exam	Age 18-40	Age 40-50	Age 50-60	Age 60-65	Age 65 on	Vaccinations
Routine Health Exam: Promotes early detection of common yet treatable diseases; includes a physical exam and screenings, if needed.	Every 2-3 years	Every year	Every year	Every year	Every year	Age 19 years on— Tetanus, diphtheria, pertussis: one booster every 10 years Women under age 26— Human papillomavirus: three doses (second to be administered two months after the first; the third six months after the first); not recommended during pregnancy Adults born after 1956— Measles, mumps, rubella: one dose (if not previously immunized); one additional dose if the person is a healthcare worker, was recently exposed to measles, is traveling internationally, etc. Age 19-49 years— Varicella: two doses (if not previously immunized) Age 50 years on— Influenza vaccine: yearly dose Age 65 years on— Pneumococcal: one dose
Dental Check-Up: Promotes overall oral health and screens for oral cancer; includes an examination of the oral cavity.	1-2 times per year	1-2 times per year	1-2 times per year	1-2 times per year	1-2 times per year	
Eye Exam: Detects glaucoma and other vision problems	Consult your physician	Every 2-4 years	Every 2-4 years	Every 2-4 years	Every 1-2 years	
Cholesterol Checks: A blood sample is collected for a test that monitors cholesterol levels	Every 5 years (if at risk for heart disease)	Every 5 years (starting at 45)	Every 5 years	Every 5 years	Every 5 years	
Colorectal Cancer Screenings: Several tests are included in this screening; ask which are needed and when	Consult your physician	Consult your physician	Fecal Occult Blood Test every year; Flexible Sigmoidoscopy every 5 years; Colonoscopy every 10 years; Double Contrast Barium Enema every 5-10 years	Same as previous	Same as previous	
Pap Test and Pelvic Exam: Promotes gynecological health and helps prevent and detect cervical cancer, HPV, infections and more.	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years	
Self Breast Exams: Self checks for lumps or changes; best conducted after menstrual period; helps detect breast cancer or irregularities.	Every month	Every month	Every month	Every month	Every month	
Clinical Breast Exams: A healthcare professional examines the breasts to screen for breast cancer	Every 3 years	Every year	Every year	Every year	Every year	
Mammograms: Breast X-ray helps detect tumors early; it might not find all breast cancers and could yield false positive results	Consult your physician	Every year	Every year	Every year	Every year	
Bone Mineral Density Scan: Detects Osteoporosis	Consult your physician	Consult your physician	Consult your physician	At least once (if you are at risk for fractures; e.g. if you weigh less than 155 pounds)	At least once	

Sources: United States Department of Health and Human Services; American Cancer Society; Center for Disease Control and Prevention. **Disclaimer:** These recommendations are intended for women who are generally healthy and not pregnant. Consult your physician if you have further questions.