

Women (18 years and above)

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. 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	AGE / FREQUENCY	✓
Periodic Well Visit with Your PCP	Annually	
VACCINES	AGE / FREQUENCY	✓
Flu Shot (every fall)	Annually	
Human Papillomavirus (HPV)	Ask your doctor	
Pneumococcal (Pneumonia)	18 - 64 (ask your doctor) 65 and above	
Shingles Shingrix (or) Zostavax	50 and above 60 and above	
SCREENINGS	AGE / FREQUENCY	✓
Blood Pressure	Annually, as indicated	
Blood Sugar (Diabetes)	Annually, as indicated	
Body Mass Index (BMI)	Annually, as indicated	
Breast Cancer (Mammogram)	Ask your doctor	
Cervical Cancer (Pap Smear, HPV Testing)	Ask your doctor	
Sexually Transmitted Disease (Chlamydia, Gonorrhea)	Ask your doctor	
Cholesterol	20 and above (ask your doctor)	
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	50 - 75 (ask your doctor)	
Depression	Annually (ask your doctor)	
Hepatitis B	Ask your doctor	
Hepatitis C	Ask your doctor	
HIV	Ask your doctor	
Osteoporosis	65 and above	
Tobacco Substance and Alcohol Use Counseling	Annually	
Tuberculosis	Ask your doctor	

This is a select list of recommendations. For the full list, please visit the USPSTF website or talk to your doctor: uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations