



GET CHECKED (WOMEN)

Getting regular check-ups and preventive screening tests are among the most important things you can do for yourself. Take time to review these guidelines for screening tests. Use the charts below to remind yourself of when you need to see your healthcare provider based on your personal health profile. Make an appointment today! Then, become a partner with your healthcare provider to decide when you need your screenings. Share your family history, speak up, voice your concerns, and always ask questions. For instance, if your healthcare provider asks you to increase the amount you exercise, ask for examples of exercises that are best for you. If you are confused about how to do a monthly breast self-exam, ask and practice until you understand and feel comfortable doing it. If you are wondering if you need certain screenings, ask your healthcare provider. **This chart lists recommended screenings for women at average risk for most diseases. These are guidelines only. Your healthcare provider will personalize the timing of each test to best meet your healthcare needs.**

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
Full check up, including weight and height	Discuss with your health care provider.	Discuss with your health care provider.	Discuss with your health care provider.	Discuss with your health care provider.
Blood pressure test	Start at age 21, then once every 1-2 years if normal	Every 1-2 years	Every 1-2 years	Every 1-2 years
Cholesterol test	Discuss with your health care provider.	Start at age 45, then every 5 years	Every 5 years	Every 5 years
Bone mineral density test		Discuss with your health care provider.	Discuss with your health care provider.	Get a bone density test at least once. Talk to your health care provider about repeat testing.
Blood sugar test	Discuss with your health care provider.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Pap test & Pelvic exam	Every 1-3 years if you have been sexually active or are over 21	Every 1-3 years (depending on method)	Every 1-3 years (depending on method)	Every 1-3 years. After age 70, discuss with your healthcare provider.
Clinical breast exam	Start at age 20, then every three years until age 40	Yearly	Yearly	Yearly
Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your health care provider.	Every 1-2 years. Discuss with your health care provider.	Every 1-2 years. Discuss with your health care provider.
For colorectal screening, you need to have <u>one</u> of the following tests:				
Fecal Occult Blood Test			Yearly	Yearly
Flexible Sigmoidoscopy (with annual fecal occult blood test is preferred)			Every 5 years	Every 5 years
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years