










General Screenings and Immunizations


For Females Ages 18–39* at Average Risk of Most Diseases

Screening Tests	When	Why
General Health:		
Full checkup, including height and weight 	Every 2-3 years. Discuss with your doctor or nurse.	To screen for diseases, assess risk for future problems, discuss lifestyle habits, and keep vaccinations up to date.
Thyroid Test (TSH)	Discuss with your doctor or nurse.	To identify an under- or overactive- thyroid, both of which are very treatable and either of which can lead to more serious conditions if left untreated.
Heart Health:		
Blood Pressure Test 	At least every 2 years.	To test for high blood pressure, which can lead to heart attack, stroke, heart failure, and kidney and eye problems.
Cholesterol Test	Every 5 years starting at age 35. If you smoke or are overweight, you may need to start at age 20. Discuss with doctor or nurse about when you should begin.	Treating cholesterol abnormalities can help reduce your risk of heart disease.

Screening Tests	When	Why
<p>Diabetes:</p>		
<p>Fasting Blood Sugar (Glucose) Test</p> 	<p>Discuss with your doctor or nurse.</p>	<p>To provide an early warning sign of high blood sugar levels, which could mean an increased risk for diabetes.</p>
<p>Breast Health:</p>		
<p>Breast Exam</p> 	<p>Females in their 20s and 30s should receive a clinical breast exam every 3 years.</p> <p>Starting at age 20, females should perform breast self-exams once a month.</p>	<p>Not all breast cancers are found on mammograms; a good clinical breast exam and self-exam can also help identify cancers relatively early.</p>
<p>Reproductive Health:</p>		
<p>Pap Test</p>	<p>Females ages 21-30 should get a Pap test every 3 years. Females over 30 should get a Pap and HPV test every 3-5 years.</p>	<p>Helps identify females at risk for developing cervical cancer.</p>
<p>HPV Test (Human Papillomavirus)</p>	<p>Every 5 years for females ages 30-65. Should be done as part of the Pap test.</p>	<p>The HPV test in combination with the Pap test is better at identifying females at risk for cervical cancer, than the Pap test alone.</p>

Screening Tests	When	Why
Pelvic Exam	Every year for females starting at age 21. Discuss with your doctor or nurse if you should start earlier.	A way to assess health, lifestyle and health risks.
Chlamydia Test 	Yearly until age 25 if sexually active. For ages 26 and over, get the test if you have new or multiple sexual partners, or at higher risk.	Prevents spread of chlamydia.
Sexually Transmitted Illnesses (STI) Tests	All sexually active females and their partners should be tested for STIs, including HIV, before beginning sexual activity.	Prevents spread of HIV and other STIs, many of which can only be detected through testing.
Eye & Ear Health:		
Eye Exam 	At least once from ages 20 to 29; based on results, follow doctor's recommendations.	To test your vision.
Hearing Test	Starting at age 18, then every 10 years.	To make sure you're hearing all life has to offer.

Screening Tests	When	Why
<p>Oral Health:</p>		
<p>Dental Exam</p> 	<p>One to two times every year.</p>	<p>To remove plaque and bacteria that could lead to tooth and gum disease; to check for tongue and mouth cancer.</p>
<p>Skin Health:</p>		
<p>Skin Exam</p> 	<p>Starting at age 18, females should do a monthly skin self-exam.</p> <p>Speak to your doctor or nurse about how often to have an additional skin exam by your doctor.</p>	<p>To track worrisome moles, identify skin cancer early, and be able to report any changes to your doctor or nurse.</p>
<p>Mental Health:</p>		
<p>Mental Health Screening</p> 	<p>Discuss with your doctor or nurse.</p>	<p>If you are feeling sad or anxious for a long time, it might be helpful to speak with a doctor.</p>

Screening Tests	When	Why
Immunizations:		
Influenza (Flu) Vaccine	Annually for everyone 6 months and older.	Protection again some flu viruses.
Human Papillomavirus Vaccine (HPV)	Age 11-12, or 13-26 if not previously vaccinated; 3 doses at 0-, 2- and 6-month intervals; no booster necessary.	Protects against four common types of HPV, including the two most likely to cause cervical cancer.
Meningococcal Vaccine	College freshmen, military recruits, and other at-risk persons; discuss with your doctor or nurse.	Protects against some types of meningococcal disease (meningitis).
Tetanus, Diphtheria, Pertussis Booster Vaccine (Td/Tdap)	Every 10 years.	Protects against tetanus, diphtheria, and pertussis.
Varicella (Chickenpox) 	Given in 2 doses at 0- and 4- to 8-week intervals to those 19 or older who have not been vaccinated or had chickenpox.	Protects against chickenpox, a usually mild but highly contagious childhood disease, which can be dangerous in infants and adults.

*** Please Note: These charts are guidelines only. Your doctor or nurse will personalize the timing of each test and immunization to best meet your health care needs.**