

In Your 20s

Now is the time to find out what makes you feel happy, healthy and strong.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).

Heart health

- **Blood pressure test** — At least every two years.
- **Baseline cholesterol panel** — Total, LDL, HDL and triglycerides.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.

- **Clinical breast exam** — At least every three years.

Reproductive health

- **Pap test** — At least every three years.
- **Pelvic exam** — Yearly, beginning at age 21.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly until age 24 if sexually active. After age 25, get this test if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Eye and ear health

- **Comprehensive eye exam** — Discuss with your doctor.
- **Hearing test** — Every 10 years.

Skin health

- **Skin exam** — Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12- 24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.
- **Human papillomavirus (HPV) vaccine** — Up to age 26, if your vaccine series is incomplete, discuss with your doctor or nurse.
- **Meningococcal vaccine** — Discuss with your doctor or nurse if you are a college student or military recruit.

Sources: U.S. Department of Health and Human Services Office on Women's Health, Centers for Disease Control and Prevention



Young women are at increased risk for rape and abuse in dating situations or friendship/acquaintance relationships. Report any type of abuse to a healthcare provider.

*I am
health in*

action

In Your 30s

Now is the time to create a strong foundation to protect your health into the future.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).

Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.

- **Clinical breast exam** — At least every three years.

Reproductive health

- **Pap test** — At least every three years.
- **Pelvic exam** — Yearly.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Eye and ear health

- **Comprehensive eye exam** — Discuss with your doctor.
- **Hearing test** — Every 10 years.

Skin health

- **Skin exam** — Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.
- **Human papillomavirus (HPV) vaccine** — If your vaccine series is incomplete, discuss with your doctor or nurse.
- **Meningococcal vaccine** — Discuss with your doctor or nurse if you are a college student or military recruit.

Sources: U.S. Department of Health and Human Services
Office on Women's Health, Centers for Disease Control
and Prevention



*I am
health in*

action

In Your 40s

Now is the time to turn your awareness of good health into **ACTION**.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).
- **Hepatitis C (HCV) screening** — Get this one-time screening if you were born between 1945 and 1965.

Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density screen** — Discuss with your doctor or nurse.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80,

take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.
- **Clinical breast exam** — Yearly.
- **Mammogram** — Every 1-2 years. Official recommendations vary. Discuss the schedule that is right for you with your doctor or nurse.

Reproductive health

- **Pap test** — At least every three years.
- **Pelvic exam** — Yearly.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Eye and ear health

- **Comprehensive eye exam** — Baseline exam at age 40, then every 2-4 years as your doctor advises.
- **Hearing test** — Every 10 years.

Skin health

- **Skin exam** — Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.

Sources: U.S. Department of Health and Human Services
Office on Women's Health, Centers for Disease Control and Prevention

*I am
health in*

action



In Your 50s

Now is the time to cultivate your vitality in life and in health.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).
- **Hepatitis C (HCV) screening** — Get this one-time screening if you were born between 1945 and 1965.

Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density screen** — Discuss with your doctor or nurse.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.
- **Clinical breast exam** — Yearly.
- **Mammogram** — Every 1-2 years. Official recommendations vary. Discuss the schedule that is right for you with your doctor or nurse.

Reproductive health

- **Pap test** — At least every three years.
- **Pelvic exam** — Yearly.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- **Fecal occult blood test, flexible sigmoidoscopy, colonoscopy** — Starting at age 50, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.

Eye and ear health

- **Comprehensive eye exam** — Every 2-4 years until age 55, then every 1-2 years.
- **Hearing test** — Every three years.

Skin health

- **Skin exam** — Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.

Sources: U.S. Department of Health and Human Services Office on Women's Health, Centers for Disease Control and Prevention

*I am
health in*



action

In Your 60s

During this decade, nurture your health to mentor and motivate the next generation.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).
- **Hepatitis C (HCV) screening** — Get this one-time screening if you were born between 1945 and 1965.

Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density screen** — Get a bone mineral test at least once at age 65. Talk to your doctor or nurse about repeat testing.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.
- **Clinical breast exam** — Yearly.
- **Mammogram** — Every 1-2 years. Official recommendations vary. Discuss the schedule that is right for you with your doctor or nurse.

Reproductive health

- **Pap test** — Discuss with your doctor or nurse.
- **Pelvic exam** — Yearly.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- **Fecal occult blood test, flexible sigmoidoscopy, colonoscopy** — Talk to your doctor or nurse about which screening test is best for you and how often you need it.

Eye and ear health

- **Comprehensive eye exam** — Every 1-2 years.
- **Hearing test** — Every three years.

Skin health

- **Skin exam** — Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.
- **Pneumococcal vaccine** — One time only.
- **Herpes zoster vaccine** — (to prevent shingles) — One time only; discuss with your doctor or nurse.

Sources: U.S. Department of Health and Human Services Office on Women's Health, Centers for Disease Control and Prevention



*I am
health in*

action

In Your 70s and beyond

This is the time to give and accept help, and reflect on achievements and the legacy you want to leave.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).

Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density screen** — Get a bone mineral test at least once. Talk to your doctor or nurse about repeat testing.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.

- **Mammogram** — Every 1-2 years through age 74. Official recommendations vary. Discuss the schedule that is right for you with your doctor or nurse.
- **Clinical breast exam** — Yearly.

Reproductive health

- **Pap test** — Discuss with your doctor or nurse.
- **Pelvic exam** — Yearly.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- **Fecal occult blood test, flexible sigmoidoscopy, colonoscopy** — Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.

Eye and ear health

- **Comprehensive eye exam** — Every 1-2 years.
- **Hearing test** — Every three years.

Skin health

- **Skin exam** — Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.
- **Pneumococcal vaccine** — One time only.
- **Herpes zoster vaccine** — (to prevent shingles) — One time only; discuss with your doctor or nurse.



Sources: U.S. Department of Health and Human Services Office on Women's Health, Centers for Disease Control and Prevention

*I am
health in*

action

In Your 80s and beyond

This is the time to give and accept help, and reflect on achievements and the legacy you want to leave.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).

Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density screen** — Get a bone mineral test at least once. Talk to your doctor or nurse about repeat testing.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.
- **Mammogram** — Official recommendations vary. Discuss the schedule that is right for you with your doctor or nurse.
- **Clinical breast exam** — Yearly.

Reproductive health

- **Pap test** — Discuss with your doctor or nurse.
- **Pelvic exam** — Yearly.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- **Fecal occult blood test, flexible sigmoidoscopy, colonoscopy** — Discuss with your doctor or nurse.

Eye and ear health

- **Comprehensive eye exam** — Every 1-2 years.
- **Hearing test** — Every three years.

Skin health

- **Skin exam** — Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.
- **Pneumococcal vaccine** — One time only.
- **Herpes zoster vaccine** — (to prevent shingles) — One time only; discuss with your doctor or nurse.

Sources: U.S. Department of Health and Human Services Office on Women's Health, Centers for Disease Control and Prevention

*I am
health in*

action

