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Keeping you healthy at every age



Making healthcare remarkable

N: NOVANT[®]
HEALTH

Recommended health screenings for women

One key to staying healthy is making sure your preventive screenings are up-to-date. Sometimes it's hard to know which procedures are appropriate for your age. This handy booklet is a great reference for women of all ages about when to be screened for certain conditions, including diabetes, cancer and osteoporosis.

You will also be happy to know that your insurance covers many of these screenings, including mammograms, at no cost to the individual.

**Need a provider? We can help
you find one that's right for you.**



Recommended health screenings for women of any age

General health

- Full checkup: Include height and weight.
- Sleep habits: Discuss any concerns with your provider at your annual exam.
- Thyroid (TSH) test: Discuss with your provider.

Breast health

- Breast self-exam: Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your provider.

Eye and ear health

- Discuss any vision or hearing difficulties with your provider.

Heart health

- Blood pressure test: at least every two years.
- Cholesterol panel: total, low-density lipoprotein (LDL), high-density lipoprotein (HDL) and triglycerides. Discuss with your provider.

Immunizations

- Seasonal flu shot: yearly.
- Tetanus-diphtheria-pertussis booster vaccine: once every 10 years.

Mental health

- Emotional or coping issues: Talk to your provider.
- Abuse: Report any type of abuse to your provider.*

Oral health

- Dental cleaning and exam: every 12 months. Discuss with your dentist.

Reproductive health

- Sexually transmitted infection (STI) tests: Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
- Chlamydia test: yearly until age 25 if sexually active, and after age 26 if you have new or multiple partners.
- Discuss any urinary or bowel control issues with your provider.

Skin health

- Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your provider.

**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.*

In adolescence

Immunizations

- Human papillomavirus (HPV) vaccine: Discuss with your provider.
- Meningococcal vaccine: Discuss with your provider.

Reproductive health

- Menstruation: Talk to your provider about any menstruation problems.
- Discuss any urinary or bowel control issues with your provider.





In your 20s

Breast health

- Clinical breast exam: at least every two years.

Diabetes screening

- Blood glucose or A1C test: Discuss with your provider.

Immunizations

- HPV vaccine: Discuss with your provider.
- Meningococcal vaccine: Discuss with your provider.

Reproductive health

- Pap test: every three years.
- Pelvic exam: yearly beginning at age 21, or once you are sexually active.
- Discuss any urinary or bowel control issues with your provider.



In your 30s

Breast health

- Clinical breast exam: at least every two years.

Diabetes screening

- Blood glucose or A1C test: Discuss with your provider.

Immunizations

- Meningococcal vaccine: Discuss with your provider.

Reproductive health

- Pap test: every three to five years. Discuss with your provider.
- Pelvic exam: yearly. Discuss with your provider.
- Discuss any urinary or bowel control issues with your provider.

In your 40s

Breast health

- Clinical breast exam: yearly.
- Mammogram: every one to two years. Discuss with your provider.

Diabetes screening

- Blood glucose or A1C test: Start at age 45, then every three years. Discuss with your provider.

Reproductive health

- Pap test: every three to five years. Discuss with your provider.
- Pelvic exam: yearly. Discuss with your provider.
- Discuss any urinary or bowel control issues with your provider.



In your 50s

Bone health

- Bone density screen:
Discuss with your provider.

Breast health

- Clinical breast exam: yearly.
- Mammogram: yearly. Discuss with your provider.

Colorectal health

(use one of these methods)

- Colonoscopy: every 10 years.
- Flexible sigmoidoscopy: every five years with fecal occult blood test.

- Fecal occult blood test: yearly.

Diabetes screening

- Blood glucose or A1C test:
every three years.

Reproductive health

- Pap test: every three to five years.
Discuss with your provider.
- Pelvic exam: yearly.
Discuss with your provider.
- Discuss any urinary or bowel control issues with your provider.





In your 60s

Bone health

- Bone density screen:
Discuss with your provider.

Breast health

- Clinical breast exam: yearly.
- Mammogram: yearly. Discuss with your provider.

Colorectal health

(use one of these methods)

- Colonoscopy: every 10 years.
- Flexible sigmoidoscopy: every five years with fecal occult blood test.
- Fecal occult blood test: yearly.

Diabetes screening

- Blood glucose or A1C test:
every three years.

Immunizations

- Pneumococcal vaccine:
Discuss with your provider.
- Herpes zoster vaccine: one time only to prevent shingles.

Mental health and lifestyle

- End-of-life planning: Discuss with your provider.

Reproductive health

- Pap test: Discuss with your provider.
- Pelvic exam: yearly.
Discuss with your provider.
- Discuss any urinary or bowel control issues with your provider.

70s and older

Bone health

- Bone density screen: Discuss with your provider.

Breast health

- Clinical breast exam: yearly.
- Mammogram: yearly. Discuss with your provider.

Colorectal health (use one of these methods)

- Colonoscopy: every 10 years. After age 75, discuss with your provider.
- Flexible sigmoidoscopy: every five years with fecal occult blood test. After age 75, discuss with your provider.
- Fecal occult blood test: yearly. After age 75, discuss with your provider.

Diabetes screening

- Blood glucose or A1C test: every three years.

Immunizations

- Pneumococcal vaccine: Discuss with your provider.
- Herpes zoster vaccine: One time only to prevent shingles.

Mental health and lifestyle

- End-of-life planning: Discuss with your provider.

Reproductive health

- Pap test: No longer necessary unless you are at high risk. Discuss with your provider.
- Pelvic exam: yearly. Discuss with your provider.
- Discuss any urinary or bowel control issues with your provider.

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