

Schedule of Preventive Services for Women

LiveLifeWell

The following chart provides suggested guidelines for periodic health examinations, screenings and immunizations for women. Keep it handy, and use it to keep track of your most recent exams. For details on which preventive care services are covered and how often, contact your health plan at the phone number on your ID card. Learn more ways to protect your health by visiting iLiveLifeWell.com.

Test/Screening	Recommended Timing	Date of / Results from Last Exam
General Health Care		
Physical Exam	Every year	
Dental Exam	Every 6 months	
Eye Exam	Once every 10 years (<i>annually if high risk</i>)	
Pelvic Exam	Every 1 to 2 years	
Breast Exam (by Physician)	Every 1 to 2 years	
Diagnostic Screenings		
Blood Pressure	At each physician visit; minimum of once every 2 years (<i>annually if high risk</i>)	
Cholesterol (<i>lipid panel</i>)	At least every 5 years beginning at age 20	
Diabetes (<i>glucose test</i>)	Beginning at age 45 (<i>at 3-year intervals if history of risk factors</i>)	
Breast Cancer (<i>mammogram</i>)	Every year beginning at age 40 (<i>earlier for those at risk</i>)	
Cervical Cancer (<i>pap test</i>)	Every 1-3 years, depending on age and history, beginning no later than age 21	
Colon Cancer (<i>colorectal screening</i>)	Every year beginning at age 50	
Osteoporosis (<i>bone density</i>)	Every year beginning at age 65 (<i>beginning at age 60 for those at risk</i>)	
Immunizations		
Influenza Vaccine	From age 19-49, as your physician advises; every year beginning at age 50	
Tetanus Injection	Every 10 years	
Pneumonia	Once after age 65	
Hepatitis A & B	Those at risk	
Varicella (<i>chicken pox</i>)	If no evidence of prior immunization or chicken pox	
Zoster (<i>shingles</i>)	At age 60 or older	
HPV	Age 9-26	

Sources: Agency for Healthcare Research and Quality, American Cancer Society. Important! The ranges listed are general recommendations. Please work with your doctor to determine the timing that's best for you, taking into account your risk factors, family history, etc. Remember to always talk with your doctor if you have any questions or health care concerns.