

# SHARP Health Plan

Women (18 years and older)<sup>1</sup>

## Preventive Care Checklist

Discuss your checklist with your doctor to develop your own personalized preventive care plan. Your doctor will help you determine which tests and health screenings are best for you based on your age, gender, health status and family history.

Visits		
Periodic Well Visit With Your PCP (schedule at least 2 months in advance) and/or a Yearly Well Woman Preventive Visit With PCP/OB-GYN	18 and older	<input type="radio"/>
Vaccines		
COVID-19 <sup>11</sup>	18 and older	<input type="radio"/>
Flu Shot (every fall)	18 and older	<input type="radio"/>
Human Papillomavirus (HPV) <sup>2</sup>	18 – 45	<input type="radio"/>
Pneumonia (Pneumar 15 followed by Pneumovax or Pnevmar 20 or Pnevmar 21)	19 – 49 with certain underlying medical conditions / 50 and older	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Td/Tdap every 10 years)	18 and older	<input type="radio"/>
Hepatitis B	19 – 59 <sup>5</sup>	<input type="radio"/>
RSV	60 – 74 with increased risk <sup>8</sup> / 75 and older / pregnant women <sup>10</sup>	<input type="radio"/>
Shingles (Shingrix)	50 and older <sup>6</sup>	<input type="radio"/>
Mpox	18 and older with risk factors	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Blood Sugar (Diabetes)	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Breast Cancer (Mammogram)	40 – 74, every other year	<input type="radio"/>
Cervical Cancer (Pap Smear, HPV Testing)	21 – 65	<input type="radio"/>
Sexually Transmitted Disease (Chlamydia, Gonorrhea, Syphilis)	18 and older	<input type="radio"/>
Cholesterol	18 and older	<input type="radio"/>
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	45 – 75	<input type="radio"/>
Depression and Suicide Risk	18+, pregnant and postpartum women	<input type="radio"/>
Healthy Weight Counseling <sup>7</sup>	Women 40 – 60 with a BMI range of 18.5 – 29.9 kg/m <sup>2</sup>	<input type="radio"/>
Hepatitis B	18+ and pregnant women	<input type="radio"/>
Hepatitis C	18 – 79 <sup>3</sup>	<input type="radio"/>
HIV	18 – 65	<input type="radio"/>
Intimate Partner Violence	18 and older	<input type="radio"/>
Lung Cancer <sup>4</sup>	50 – 80	<input type="radio"/>
Maternal Mental Health Screening	18 and older	<input type="radio"/>
Osteoporosis	65+, under 64 <sup>9</sup>	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Tuberculosis	18 and older	<input type="radio"/>

<sup>1</sup>The information in these checklists includes recommendations adapted from the following sources as of April 2025 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration. Also check the age-related preventive health checklist. Other immunizations may be recommended by your provider depending on vaccine and indication. <sup>2</sup>For ages 27 – 45, shared clinical decision-making between member and PCP. <sup>3</sup>One-time screening. <sup>4</sup>With a 20-pack-a-year smoking history and currently smoke or have quit within the past 15 years. <sup>5</sup>Recommended for women 60 years and older if they have additional risk factors. <sup>6</sup>19 and older if immunodeficient or immunosuppressed because of disease or therapy. <sup>7</sup>Based on HRSA/WPSI effective 1/1/2023. <sup>8</sup>Increased risk is person with chronic lung or heart disease, weakened immune system, living in a nursing home or long term care facility, severe diabetes or severe obesity. <sup>9</sup>Based on risk factors, and as advised by your doctor. <sup>10</sup>Some COVID-19 vaccines are authorized under EUA (emergency use authorization).