



Women (18 years and older)¹

Preventive Care Checklist

We're here to help you make your health a priority. To get started, use this preventive care checklist highlighting some of the exams, vaccines and screenings that can help you and your loved ones avoid or minimize potential health problems.¹ No matter how healthy you are today, having a discussion with your doctor about preventive care can make a difference in the long run — for you and the people you care about.

Exams		
Periodic Well Visit with your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Vaccines		
Flu Shot (every fall)	18 and older	<input type="radio"/>
Human Papillomavirus (HPV) ^{2,3}	26 and younger	<input type="radio"/>
Pneumonia (Pneumococcal and Prevnar)	19 – 64 ² 65 and older	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Td/Tdap) (every 10 years)	18 and older	<input type="radio"/>
Shingles (Shingrix)	50 and older	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Blood Sugar (Diabetes) ²	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Breast Cancer (Mammogram)	40 – 49 ² , 50 – 74	<input type="radio"/>
Cervical Cancer (Pap Smear, HPV Testing) ²	21 – 65	<input type="radio"/>
Sexually Transmitted Disease (Chlamydia, Gonorrhea, Syphilis) ²	18 and older	<input type="radio"/>
Cholesterol ²	20 and older	<input type="radio"/>
Colon Cancer (Colonoscopy, Sigmoidoscopy, Stool Test)	45 – 75	<input type="radio"/>
Depression	18+ and pregnant and postpartum women	<input type="radio"/>
Hepatitis B	18+ and pregnant women	<input type="radio"/>
Hepatitis C ⁴	18 – 79	<input type="radio"/>
HIV	18 – 65 and pregnant women	<input type="radio"/>
Intimate Partner Violence	18 and older	<input type="radio"/>
Osteoporosis ²	65 and older and under 64 with risk factors	<input type="radio"/>
Lung Cancer ⁵	50 – 80	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Tuberculosis ²	18 and older	<input type="radio"/>

¹The information in these checklists includes recommendations adapted from the following sources as of October 2021 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. ² Based on risk factors, and as advised by your doctor. ³ For ages 27 – 45, shared clinical decision-making between member and PCP. ⁴ One-time screening. ⁵ With a 20 pack year smoking history and currently smoke or have quit within the past 15 years.