

SHARP Health Plan

Women (18 years and older)¹

Preventive Care Checklist

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. 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.¹

Visits		
Annual Wellness Visit (does not include physical exam)	18 and older	<input type="radio"/>
Welcome to Medicare preventive visit (once during first 12 months with Part B)	18 and older	<input type="radio"/>
Vaccines		
COVID-19	18 and older	<input type="radio"/>
Diphtheria, tetanus and pertussis (every 10 years)	18 and older ³	<input type="radio"/>
Flu (each flu season)	18 and older	<input type="radio"/>
Hepatitis B (those with medium to high risk)	18 and older ²	<input type="radio"/>
Pneumococcal	over 65 or younger with risk factors	<input type="radio"/>
Respiratory Syncytial Virus (RSV)	75 and older or 60-74 with risk factors ³	<input type="radio"/>
Shingrix series (once)	50 and older ³	<input type="radio"/>
Screenings		
Abdominal aortic screening ultrasound	18 and older ⁴	<input type="radio"/>
Colorectal cancer screening, may include one or more of the following: <ul style="list-style-type: none"> • Fecal occult blood tests (once every 12 months) • Flexible sigmoidoscopies (once every 48 months or 120 months after previous screening colonoscopy) • Colonoscopy (once every 120 months, every 24 months if high risk or 48 months after screening flexible sigmoidoscopy) • Barium enemas (once every 48 months or every 24 months if high risk) • Multi-target stool DNA test / Cologuard (once every 3 years with no symptoms, average risk and no family history) • Blood-based markers, if available (once every 3 years with no symptoms, average risk and no family history) 	45 and older	<input type="radio"/>

Women’s preventive care checklist, continued¹

Screenings		
Diabetes screening (2 per year with risk factors)	18 and older with risk factors	<input type="radio"/>
Glaucoma screening (every 12 months)	18 and older with risk factors	<input type="radio"/>
HIV screening (every 12 months)	15-65, at high risk or pregnant	<input type="radio"/>
Lung cancer screening with low-dose CT (once yearly) ⁵	55-77 with risk factors	<input type="radio"/>
Mammogram: baseline between ages 35-39, then 40 and older every 12 months	35-39: once 40+: every 12 months	<input type="radio"/>
Alcohol misuse counseling (PCP)	18 and older	<input type="radio"/>
Bone mass measurements (every 24 months, more often if medically necessary)	Over 65 or younger with risk factors	<input type="radio"/>
Cardiovascular behavioral therapy (PCP) includes blood pressure, diet advice and discussion to lower risk for heart attacks and stroke	18 and older	<input type="radio"/>
Cardiovascular disease screening (once every 5 years, including cholesterol, lipid and triglyceride levels)	18 and older	<input type="radio"/>
Cervical and vaginal cancer screening (every 24 months, or if high risk, or if childbearing age with risk factors every 12 months)	18 and older	<input type="radio"/>
Depression screening yearly (PCP)	18 and older	<input type="radio"/>
Hepatitis B screening tests if high risk and pregnant (PCP)	18 and older	<input type="radio"/>
Hepatitis C screening tests (yearly if high risk, one time if born 1945-1965 or if you had a blood transfusion before 1992)	18 and older	<input type="radio"/>
HPV screening (every 5 years)	30-65	<input type="radio"/>
Nutrition therapy services for members with diabetes, kidney disease, or a kidney transplant within the last 36 months	18 and older ³	<input type="radio"/>
Obesity behavioral therapy (PCP)	18 and older with BMI of 30 or more	<input type="radio"/>
Sexually transmitted infection screen (every 12 months) and counseling (2 sessions yearly with your PCP)	18 and older and if high risk	<input type="radio"/>
Tobacco prevention and counseling	18 and older	<input type="radio"/>

¹ The information in this guide includes recommendations adapted from the following sources as of November 2024 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 This is a Part D vaccine with \$0 copay. ⁴ Once if family history of abdominal aortic aneurysm. ⁵ No signs or symptoms of lung cancer, current smoker or quit smoking within the last 15 years, or tobacco smoking history of at least 20 “pack years.”