### **WOMEN: 20-29**

Disease/Condition	Test	Frequency	Date of Screening
Hypertension	Blood Pressure	Every 2-3 years	
Obesity	Body Fat / BMI	Every 1-2 years	
Cervical Cancer	Pap Smear	Regular Pap test-yearly Liquid-based Pap test- Every two years. Beginning at age 30, women who have had 3 normal tests in a row may be screened every 2-3 years.	
Chlamydia	Chlamydia Screen	Annually Ages 20-25	
Oral Health	Dental Exam	Annually	
Breast Health	Breast Self Exam Clinical Exam	Monthly At least every 3 years	
Skin Cancer	Self Exam Clinical	Monthly Screening by health care provider every 1-3 years	

# **WOMEN: 30-39**

Disease/Condition	Test	Frequency	Date of Screening
Hypertension	Blood Pressure	Every 2-3 years	
Obesity	Body Fat / BMI	Every 1-2 years	
Cervical Cancer	Pap Smear	Regular Pap test-yearly Liquid-based Pap test- Every two years. Beginning at age 30, women who have had 3 normal tests in a row may be screened every 2-3 years.	
Oral Health	Dental Exam	Annually	
Breast Health	Breast Self Exam Clinical Exam	Monthly At least every 3 years	
Skin Cancer	Self Exam Clinical	Monthly Screening by health care provider every 1-3 years	

## **WOMEN: 40-49**

Disease/Condition	Test	Frequency	Date of Screening
Hypertension	Blood Pressure	Every 1-2 years	
Obesity	Body Fat / BMI	Every 1-2 years	
Cervical Cancer	Pap Smear	Every 1-2 years, women who have had 3 normal tests in a row may be screened every 2-3 years.	
Oral Health	Dental Exam	Annually	
Breast Cancer	Breast Self Exam	Monthly	
Breast Cancer	Clinical Exam Mammogram	Every year Every year	
Skin Cancer	Self Exam Clinical exam	Monthly Screening by health care provider every 1-3 years	
High Cholesterol	Lipid Profile	Low risk every 5 years High Risk every 2 years	
Hearing		Every 10 years	
Hypothyroidism	Thyroid Test (TSH)	Every 3-5 years	
Diabetes	Blood Sugar test	Every 3 years	
Eyes	Vision & Eye Exam	Every 2-4 years	

# **WOMEN: 50-65**

Disease/Condition	Test	Frequency	Date of Screening
Hypertension	Blood Pressure	Every 1-2 years	
Obesity	Body Fat / BMI	Every 1-2 years	
Cervical Cancer	Pap Smear	Every 1-2 years, women who have had 3 normal tests in a row may be screened every 2-3 years.	
Oral Health	Dental Exam	Annually	
Breast Cancer	Breast Self Exam	Monthly	
Breast Cancer	Mammogram Clinical Exam	Every year Every year	
Skin Cancer	Self Exam Clinical Exam	Monthly Screening by health care provider every 1-3 years	
High Cholesterol	Lipid Profile	Low risk every 5 years High Risk every 2 years	
Hearing		Every 10 years	
Hypothyroidism	Thyroid Test (TSH)	Every 3-5 years	
Diabetes	Blood Sugar test	Every 3 years	
Eyes	Vision & Eye Exam	Every 2-4 years	
Colon Cancer	Fecal occult blood test	Yearly	
Colon Cancer	and Flexible Sigmoidoscopy	Every 5 years. These two tests together are better than either test alone	
Colorectal Health	or Double contrast- barium enema	Every 5 years	
Colorectal Health	or Colonoscopy	Every 10 years	
Colorectal Health	Rectal Exam	Every 5-10 years	

## **WOMEN: 65+**

Test	Frequency	Date of Screening
Blood Pressure	Every 1-2 years	
Body Fat / BMI	Every 1-2 years	
Pap Smear	Every 1-2 years, women who have had 3 normal tests in a row may be screened every 2-3 years.	
Dental Exam	Annually	
Breast Self Exam	Monthly	
Mammogram Clinical Exam	Every year Every year	
Monthly Self Exam	Screening by health care provider every 1-3 years	
Lipid Profile	Low risk every 5 years High Risk every 2 years	
	Every 10 years	
Thyroid Test (TSH)	Every 3-5 years	
Blood Sugar test	Every 3 years	
Vision & Eye Exam	Every 1-2 years	
DEXA scan - bone density		
Fecal occult blood test	Yearly	
and Flexible Sigmoidoscopy	Every 5 years These two tests together are better than either alone	
or Double contrast barium enema	Every 5 years	
or Colonoscopy	Every 10 years	
Rectal Exam	Every 5-10 years	
	Blood Pressure Body Fat / BMI Pap Smear  Dental Exam Breast Self Exam Mammogram Clinical Exam Monthly Self Exam Lipid Profile  Thyroid Test (TSH) Blood Sugar test Vision & Eye Exam DEXA scan - bone density Fecal occult blood test and Flexible Sigmoidoscopy or Double contrast barium enema or Colonoscopy	Blood Pressure Every 1-2 years  Body Fat / BMI Every 1-2 years  Pap Smear Every 1-2 years, women who have had 3 normal tests in a row may be screened every 2-3 years.  Dental Exam Annually  Breast Self Exam Monthly  Mammogram Every year Every year  Clinical Exam Screening by health care provider every 1-3 years  Lipid Profile Low risk every 5 years  High Risk every 2 years  Every 10 years  Thyroid Test (TSH) Every 3-5 years  Blood Sugar test Every 3 years  Vision & Eye Exam Every 1-2 years  DEXA scan - bone density  Fecal occult blood test  and Flexible Sigmoidoscopy These two tests together are better than either alone  or Colonoscopy Every 10 years