

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+

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	Monthly Self Exam	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 1-2 years			
Bone Density	DEXA scan - bone density				
Colon Cancer	Fecal occult blood test	Yearly			
Colon Cancer	and Flexible Sigmoidoscopy	Every 5 years These two tests together are better than either 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			