

Prioritize Your Health: Essential Screenings for Women

Health screenings, which vary based on age and individual risk factors, generally include blood pressure checks, cholesterol checks, diabetes screening, cancer screenings (like mammograms for women and colonoscopies), and full body skin exams, with frequencies ranging from yearly for high-risk individuals to every few years for those with low risk; always consult your doctor for the most appropriate screening schedule for you. Below you will find several different tables that include the frequency of specific screenings that is recommended for your age. There are separate tables for both women and men.



It is important to remember that regular checkups are critical. We all should aim for a yearly physical exam, with more frequent visits if they have chronic conditions or are at high risk for certain diseases.

Recommendations for Women in their 20s and 30s		Recommendations for Women in their 40s	
Frequency	Screening	Frequency	Screening
Once a month	Breast self-exam, Self-check skin cancer screening	Once a month	Breast self-exam, Self-check skin cancer screening
Once a year	Blood pressure screening, Height, weight, body mass index (BMI), Breast self-exam, Cardiovascular evaluation, Comprehensive physical exam, Depression screening	Once a year	Blood pressure screening, Height, weight, body mass index (BMI), Breast self-exam, Cardiovascular evaluation, Comprehensive physical exam, Depression screening, Mammogram, Full-body skin exams
Every 2 to 5 years as recommended by your primary care provider	Blood sugar test, Eye exam, Human papilloma virus (HPV) test, Pap test	Every 2 to 5 years as recommended by your primary care provider	Blood sugar test, Eye exam, Human papilloma virus (HPV) test, Pap test, Cholesterol check
Every 5 years	Cholesterol check	Every 10 years	Colon cancer screening
As needed and recommended by your primary care provider	Sexually transmitted diseases (STD) tests	As needed and recommended by your primary care provider	Sexually transmitted diseases (STD) tests

*These screenings are general recommendations. You should always consult your doctor to determine the most appropriate health screening schedule for your individual needs!

Why are health screenings important?

Health screenings are essential for detecting potential health issues early, often before symptoms appear. Early detection increases the chances of successful treatment and can prevent conditions from worsening. Screenings can identify risks for chronic diseases like cancer, diabetes, and heart disease, empowering you to make proactive lifestyle changes. They also provide peace of mind, ensuring you stay informed about your health. Regular screenings are a key part of preventive care, helping you live a longer, healthier life. By staying up-to-date, you take control of your well-being and protect what matters most—your health and quality of life.



Recommendations for Women in their 50s	
Frequency	Screening
Once a month	Breast self-exam, Self-check skin cancer screening
Once a year	Blood pressure screening, Height, weight, body mass index (BMI), Breast self-exam Cardiovascular evaluation, Comprehensive physical exam, Depression screening, Mammogram, Full-body skin exams
Every 2 to 5 years as recommended by your primary care provider	Blood sugar test, Eye exam, Human papilloma virus (HPV) test, Pap test, Cholesterol check, Bone density test, Thyroid panel
Every 10 years	Colon cancer screening, Cardiac calcium scoring, Hearing test
As needed and recommended by your primary care provider	Low-dose lung CT scan, Sexually transmitted diseases (STD) tests

Recommendations for Women in their 60s and +	
Frequency	Screening
Once a month	Breast self-exam, Self-check skin cancer screening
Once a year	Blood pressure screening, Height, weight, body mass index (BMI), Breast self-exam, Cardiovascular evaluation, Comprehensive physical exam, Depression screening, Mammogram, Full-body skin exams, Dementia and Alzheimer's screenings
Every 2 to 5 years as recommended by your primary care provider	Blood sugar test, Eye exam, Human papilloma virus (HPV) test, Pap test, Cholesterol check, Bone density test, Thyroid panel
Every 10 years	Colon cancer screening, Cardiac calcium scoring, Hearing test
As needed and recommended by your primary care provider	Low-dose lung CT scan, Sexually transmitted diseases (STD) tests

*The information above are general recommendations. You should always consult your doctor to determine the most appropriate health screening schedule for your individual needs!