

**These charts are guidelines only.** Your doctor or nurse will personalize the timing of each test and immunization to meet your individual health care needs. *If you have personal and/or family history or other risk factors, contact your doctor for what screening age is right for you.*

Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65 and Older
<b>Cancer Prevention:</b>				
<b>Breast Health:</b>				
Mammogram (x-ray of breasts)	Start at age 20, then every 3 years.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
<b>Colorectal Health (Use 1 of 3 methods):</b>				
Fecal occult blood test			Yearly	Yearly. Older than age 75, discuss with your doctor.
Flexible sigmoidoscopy (with fecal occult blood test)			Every 5 years	Every 5 years. Older than age 75, discuss with your doctor.
Colonoscopy			Every 10 years	Every 10 years. Older than age 75, discuss with your doctor.
<b>Reproductive Health:</b>				
Pap test	Every 2 years starting at age 21. Beginning at age 30, every 3 years.	Every 3 years	Every 3 years	Discuss with your doctor or nurse.
<b>Heart Disease Prevention:</b>				
Blood glucose or A1c test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, then every 5 years.	Every 5 years	Every 5 years	Every 5 years
<b>Immunizations:</b>				
Seasonal influenza (flu) vaccine	Yearly	Yearly	Yearly	Yearly
Human papillomavirus (HPV) vaccine	Up to age 26, if not already completed vaccine series.			

**Cancer and Heart Disease Screening Tests and Immunizations Guidelines for Women**