

For Women 18 to 80: The Ultimate Checkup Checklist



An Independent Licensee of the Blue Cross and Blue Shield Association

The checklist below provides a high-level snapshot of recommended preventive services for females, ages 18 to 80.^{1,2}

RECOMMENDED PREVENTION ACTIVITY	AGE RANGE						
	18	30	40	50	60	70	80
Immunizations³ (every 10 years unless noted otherwise)							
Influenza (annually)	X	X	X	X	X	X	X
Pneumonia					X	X	X
Tetanus, Diphtheria, Pertussis (TDP)	X	X	X	X	X	X	
Human papillomavirus (HPV)	X	X	X	X			
Herpes Zoster (Shingles)				X	X	X	
Measles, Mumps, and Rubella (MMR)		X	X	X	X		
Annual Well-Woman Visit	X	X	X	X	X	X	X
Blood Pressure in Adults (Hypertension): Screening	X	X	X	X	X	X	X
Folic Acid	X	X	X	X	X	X	X
Human Immunodeficiency Virus (HIV) Infection: Screening	X	X	X	X	X	X	X
Chlamydia, Gonorrhea, and Syphilis	X	X	X	X	X	X	X
Alcohol Misuse: Screening and Counseling Screen	X	X	X	X	X	X	X
Birth Control: Counseling*	X	X	X				
Breast or Ovarian Cancer: Screening	X	X	X	X	X	X	X
Cervical Cancer: Screening		X	X	X	X		
Depression in Adults: Screening*	X	X	X	X	X	X	X
Type 2 Diabetes Prevention*	X	X	X	X	X	X	X
Healthy Weight: Counseling	X	X	X	X	X	X	X
Healthy Eating: Counseling*	X	X	X	X	X	X	X
Prenatal Care (if pregnant)	X	X	X				
Relationship Violence: Counseling*	X	X	X	X	X	X	X
Sexually Transmitted Infections: Counseling*	X	X	X	X	X	X	X
Skin Cancer: Counseling*	X						
Tobacco Use: Counseling and Interventions*	X	X	X	X	X	X	X
Cholesterol Abnormalities in Adults (Dyslipidemia, Lipid Disorders): Screening*		X	X	X	X	X	X
Colorectal Cancer: Screening				X	X	X	
Hepatitis C Virus Infection: Screening				X	X	X	
Bone Density				X	X	X	X
Taking Aspirin Every Day/Stroke Prevention					X	X	
Lung Cancer: Screening					X	X	X
Preventing Falls: Counseling						X	X

*Recommended for some women based on family history and other risk factors.

1. CDC Prevention Checklist: <http://www.cdc.gov/prevention>

2. These recommendations come from the U.S. Preventive Services Task Force (USPSTF), the Advisory Committee on Immunization Practices (ACIP), the Bright Futures (BF) Guidelines, and the Institute of Medicine (IOM).

3. These vaccines are for all ages and should only be administered by a healthcare provider if risk factors are presented in the patient: Pneumococcal Polysaccharide Vaccine; Pneumococcal Conjugate Vaccine; Meningococcal; Hepatitis A; Hepatitis B.