

If you are due for a screening or have questions about any of the below tests, please [contact your healthcare provider today](#).

Women's Wellness

A Guide to Screening Tests that Help You Stay Healthy

As a woman, your health care needs change as you move through life. This information will help you know when you may need certain health tests and screenings.



Disease/Condition	Age	Risk Factors	Suggested Frequency
Cervical Cancer	21+	Sexual history, exposure to HPV, long-term use of birth control	Every 3-5 years
Colorectal Cancer	45+	Family history of colorectal cancer, inflammatory bowel disease, physical inactivity, poor diet	Every 5-10 years
Breast Cancer	40-75	Family history of breast cancer	Every 1-2 years
Lung Cancer	50-80	Family history of lung cancer or history of smoking	Annually
Skin Cancer	18+	Family or personal history of skin cancer, history of sunburn, or tanning	Annually
Cholesterol	40+	Family history of heart disease, physical inactivity, poor diet, smoking	Every 5 years
Blood Pressure	Any	Elevated blood pressure, poor diet, physical inactivity, obesity, family history of hypertension	Annually
Diabetes	35+	Obesity, family history, racial/ethnic minorities, history of gestational diabetes or polycystic ovarian syndrome	Every 3 years
Osteoporosis	65+	Certain medications, gastrointestinal issues, low vitamin D levels, physical inactivity	Every 2 years
Hepatitis B	Any	Being pregnant or sexually active, sharing unsterilized items like razors or needles	At least once
Hepatitis C	18-79	Blood transfusion before 1992, pregnant or sexually active, sharing unsterilized items like razors or needles	At least once
HIV	15-65	Being pregnant or sexually active sharing unsterilized items like razors or needles	At least once
STDs	Any	Being pregnant or sexually active, especially without protection	Annually

13.9%

Of women over 18 are in fair or poor health ¹

41.8%

U.S. women over 20 are considered obese ¹

10.1%

Of women over 18 currently smoke cigarettes ¹

45.2%

U.S. women over 20 with hypertension or on medication ¹

69.1%

Of women over 40 had a mammogram within the past 2 years ²

15 MIL

U.S. women have diabetes, or about 1 in every 9 adult women ³

¹ Centers for Disease Control and Prevention. (2023, January 18). *Women's health*. U.S. Department of Health and Human Services. <https://www.cdc.gov/nchs/fastats/womens-health.htm>.

² Centers for Disease Control and Prevention. (2023, January 25). *Mammography*. U.S. Department of Health and Human Services. <https://www.cdc.gov/nchs/fastats/mammography.htm>.

³ Office on Women's Health. (2022, May 31). *Diabetes*. U.S. Department of Health and Human Services. <https://www.womenshealth.gov/a-z-topics/diabetes>.

⁴ National Library of Medicine. (2022, April 30). *Health screenings for women ages 18 to 39*. National Institutes of Health. <https://medlineplus.gov/ency/article/007462.htm>.

⁵ National Library of Medicine. (2022, April 30). *Health screenings for women ages 40 to 64*. National Institutes of Health. <https://medlineplus.gov/ency/article/007467.htm>.

⁶ National Library of Medicine. (2022, April 30). *Health screenings for women age 65 and older*. National Institutes of Health. <https://medlineplus.gov/ency/article/007463.htm>.