RECOMMENDED WOMEN'S HEALTH SCREENINGS BY AGE

Regular health screenings are an important part of staying healthy. They help find diseases before symptoms begin. This means you can get treatment earlier. Routine health screenings are recommended for women throughout life. This is an important part of preventive care.

Below are some **screening recommendations by age*.** These are from the U.S. Preventive Services Task Force (USPSTF). Keep in mind these are guidelines only. Suggestions may differ from one health information source to another (example: USPSTF vs. American Cancer Society). Your healthcare provider will help personalize the timing of the screening tests you need based on your individual factors. Ask your provider if you have any questions.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Bone Mineral Density (osteoporosis screening)	Ask your provider if you need to be screened.	Get an osteoporosis screening if you are postmenopausal and are at increased risk. Talk to your provider to find out if you are at increased risk.	Get an osteoporosis screening if you are postmenopausal and are at increased risk. Talk to your provider to find out if you are at increased risk.	Get an osteoporosis screening at least once at age 65 or older. Talk to your provider about repeat testing.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
BRCA-Related Cancer	Ask your provider if you need to be assessed. Depending on your personal and family history of cancer associated with BRCA1/2 gene mutation you may be at increased risk of some cancers.	Ask your provider if you need to be assessed. Depending on your personal and family history of cancer associated with BRCA1/2 gene mutation you may be at increased risk of some cancers.	Ask your provider if you need to be assessed. Depending on your personal and family history of cancer associated with BRCA1/2 gene mutation you may be at increased risk of some cancers.	Ask your provider if you need to be assessed. Depending on your personal and family history of cancer associated with BRCA1/2 gene mutation you may be at increased risk of some cancers.
Breast Cancer (mammogram)	Ask your provider if you need to be screened.	Starting at age 40, get a mammogram every other year.	Get a mammogram every other year.	Get a mammogram every other year through age 74. Age 75 and older, ask your provider if you need to be screened.
Cervical Cancer (Pap/HPV test)	Get a Pap test every 3 years if you are 21 years old or older and have a cervix. If you are 30 years old or older, you can get a Pap test and HPV test together every 5 years.	If you have a cervix, get a Pap test and HPV test together or an HPV test alone every 5 years OR get a Pap test alone every 3 years.	If you have a cervix, get a Pap test and HPV test together or an HPV test alone every 5 years OR get a Pap test alone every 3 years.	Ask your provider if you need to be screened.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Chlamydia and Gonorrhea	Get a screening for chlamydia and gonorrhea if you are sexually active and under 25 years old OR if you are over 25 years old and at increased risk of infection. Talk to your provider to find out if you are at increased risk.	Get a screening for chlamydia and gonorrhea if you are sexually active and at increased risk of infection. Talk to your provider to find out if you are at increased risk.	Get a screening for chlamydia and gonorrhea if you are sexually active and at increased risk of infection. Talk to your provider to find out if you are at increased risk.	Get a screening for chlamydia and gonorrhea if you are sexually active and at increased risk of infection. Talk to your provider to find out if you are at increased risk.
Colorectal Cancer	Ask your provider if you need to be screened.	Starting at age 45, get a colorectal cancer screening. Ask which screening test is best for you and how often you need it.	Get a colorectal cancer screening. Ask which screening test is best for you and how often you need it.	Get a colorectal cancer screening through age 75. Ages 76-85, ask your provider if you need to be screened. Ask which screening test is best for you and how often you need it.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
HIV Infection	Get testing for HIV infection if you are at increased risk for HIV infection or are pregnant. Talk to your provider to find out if you are at increased risk.	Get testing for HIV infection if you are at increased risk for HIV infection or are pregnant. Talk to your provider to find out if you are at increased risk.	Get testing for HIV infection if you are at increased risk for HIV infection or are pregnant. Talk to your provider to find out if you are at increased risk.	Ask your provider if you need to be screened.
Hypertension	Get a hypertension screening every year in a clinical and non-clinical setting if at increased risk for hypertension. If you are not at increased risk for hypertension, get a hypertension screening every 3-5 years in a clinical and non-clinical setting. If you are pregnant you should get hypertension screenings throughout your pregnancy. Talk to your provider to find out if you are at increased risk and about how you can test your blood pressure outside of a clinical setting.	Starting at age 40, get a hypertension screening every year in a clinical and non-clinical setting. If you are pregnant you should get hypertension screenings throughout your pregnancy. Talk to your provider to find out if you are at increased risk and about how you can test your blood pressure outside of a clinical setting.	Get a hypertension screening every year in a clinical and non-clinical setting. If you are pregnant you should get hypertension screenings throughout your pregnancy. Talk to your provider to find out if you are at increased risk and about how you can test your blood pressure outside of a clinical setting.	Get a hypertension screening every year in a clinical and non-clinical setting. Talk to your provider to find out if you are at increased risk and about how you can test your blood pressure outside of a clinical setting.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Prediabetes and Type 2 Diabetes	Get a screening for prediabetes and type 2 diabetes if you are overweight (BMI equal to or greater than 25) or obese (BMI equal to or greater than 30) and are American Indian/Alaska Native, Black, Hispanic/Latino, and/or Native Hawaiian/Pacific Islander. If you are Asian American get a screening for prediabetes and type 2 diabetes if your BMI is equal or greater than 23. At age 35, regardless of racial and ethnic identity, get a screening for prediabetes and type 2 diabetes if you are overweight (BMI equal to or greater than 25) or obese (BMI equal to or greater than 30). If you are Asian American get a screening for prediabetes and type 2 diabetes if your BMI is equal or greater than 23.	Get a screening for prediabetes and type 2 diabetes if you are overweight (BMI equal to or greater than 25) or obese (BMI equal to or greater than 30). If you are Asian American get a screening for prediabetes and type 2 diabetes if your BMI is equal or greater than 23.	Get a screening for prediabetes and type 2 diabetes if you are overweight (BMI equal to or greater than 25) or obese (BMI equal to or greater than 30). If you are Asian American get a screening for prediabetes and type 2 diabetes if your BMI is equal or greater than 23.	Get a screening for prediabetes and type 2 diabetes if you are overweight (BMI equal to or greater than 25) or obese (BMI equal to or greater than 30). If you are Asian American get a screening for prediabetes and type 2 diabetes if your BMI is equal or greater than 23. Age 70 and older, ask your provider if you need to be screened.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Syphilis	Get tested for syphilis infection if you are at increased risk for syphilis infection or are pregnant. Talk to your provider to find out if you are at increased risk.	Get tested for syphilis infection if you are at increased risk for syphilis infection or are pregnant. Talk to your provider to find out if you are at increased risk.	Get tested for syphilis infection if you are at increased risk for syphilis infection or are pregnant. Talk to your provider to find out if you are at increased risk.	Get tested for syphilis infection if you are at increased risk for syphilis infection. Talk to your provider to find out if you are at increased risk.

Content last updated, September 2024.

*This is not a complete list of screenings recommended by age from USPSTF. To find more screening recommendations from USPSTF please go here. Please talk to your healthcare provider about the screenings that are recommended for you.