



# Preventative check-ups For Women, Age 30+

Age & Gender	Health Check	Recommended Frequency
<b>Females, Age 30+</b>	Cholesterol Check	Every five years, or annually if there are other concerns/if your results are abnormal
	Full body Skin Check for suspicious moles or skin lesions	Annually
	Exam for breast lumps, pelvic exam	A self-exam should be performed by you at home monthly and by a clinical provider yearly
	Pap smear / Cervical Cancer Screening	Every three years, starting at age 21
<b>Females, Age 40+</b>	Cholesterol Check	Every five years, or annually if there are other concerns/if your results are abnormal
	Full body Skin Check for suspicious moles or skin lesions	Annually
	Exam for breast lumps, pelvic exam	A self-exam should be performed by you at home monthly and by a clinical provider yearly
	Pap smear / Cervical Cancer Screening	Every three years starting at age 21
	Mammograms	Annually. If breast cancer runs in your family or you have other risk factors, you may need to begin regular mammograms at an earlier age.
	Ovarian Cancer Screening	Annually, especially if you are at high risk for ovarian cancer, or for those with an abnormal pelvic exam
	Fasting blood sugar levels for signs of diabetes	Every three years
<b>Females, Age 50+</b>	Cholesterol Check	Every five years, or annually if there are other concerns/if your results are abnormal
	Full body Skin Check for suspicious moles or skin lesions	Annually
	Exam for breast lumps, pelvic exam	A self-exam should be performed by you at home monthly and by a clinical provider yearly
	Pap smear / Cervical Cancer Screening	Recommended every three years starting at age 21
	Ovarian Cancer screening	Annually, especially if you are at high risk for ovarian cancer, or for those with an abnormal pelvic exam
	Mammograms	Annually. If breast cancer runs in your family or you have other risk factors, you may need to begin regular mammograms at an earlier age.
	Fasting blood sugar levels for signs of diabetes	Every three years
	Colonoscopy	Should be completed at age 50 or ten years earlier than the youngest family member with colon cancer; with normal results, colorectal cancer screenings should be completed every 10 years
	Lung Cancer Screening	Annually, if you are over 55, and meet the following conditions: currently smoke or have quit in the past 15 years, and have a 30-pack per year smoking history
Osteoporosis Screening	If you are age 50 to 70 and have risk factors for osteoporosis, you should discuss screening with your health care provider. Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, having a fracture after age 50, or a family history of osteoporosis	

Sources: <https://www.mayoclinichealthcare.co.uk/health-screenings>; <https://content.highmarkprc.com/Files/Region/hwbcbs/EducationManuals/PreventiveHealthGuidelines/adult-preventive-health-guidelines-2021-19-64.pdf>; <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations>; <https://www.cdc.gov/cancer/dcp/prevention/screening.htm#:~:text=CDC%20supports%20screening%20for%20breast,cancer%20before%20you%20have%20symptoms>; <https://medlineplus.gov/ency/article/007465.htm>

Please note: many of these tests are offered through national healthcare systems. Employers who consider providing these tests for their employees should first check the State benefits to determine which tests are already available through the local/national healthcare system.

