

## Health Guidelines for Women

Play an active role in your own health by making sure you receive these important exams and screenings.

470-7447 or 800-777-6110

### Age 20 and above:

Exam/Procedure	Frequency
Breast Self-Exam	Once a month
Dental Checkup	Every 6 months
Blood Pressure Reading	Once a year
Pap Smear/Pelvic and Breast Exam	Once a year
Medical Exam (including cholesterol level)	Every 3-5 years
Tetanus Shot	Every 10 years
Mammogram	Once between ages 35-40 (depending on your personal physician's recommendations)
Tuberculosis Skin Test	Once

### Age 40 and above, in addition to previous exams:

Exam/Procedure	Frequency
Rectal Exam (digital)	Once a year
Medical Exam (with vision check)	Once a year
Mammogram	Every 1-2 years (depending on your personal physician's recommendations)
EKG	Once

### Age 50 and above, in addition to previous exams:

Exam/Procedure	Frequency
Stool Occult Blood Test	Once a year
Mammogram	Once a year
Glaucoma Exam	Every 2-3 years
Rectal Exam (proctoscope)	Every 3-5 years

### Age 65 and above, in addition to previous exams:

Exam/Procedure	Frequency
Influenza Vaccine	Once a year
Eye Exam	Every 2 years
Hearing Test	Every 2-5 years
Pneumonia Vaccine	Once

This is a recommended schedule. Each person's individual needs vary. Consult with your doctor about your ideal maintenance schedule.