

Preventative Health Tests Every Woman Should Have

Preventative health tests are screenings that help find health problems early, when they are easier to treat. These tests are part of a regular women's health checkup, also called a well-woman exam.

Ages 11–12:

- HPV vaccine to help prevent cervical cancer

Ages 21–29:

- Pap test every 3 years to screen for cervical cancer
- Pelvic exam as part of a regular checkup

Ages 30–39:

- Pap + HPV test every 5 years (if results are normal)
- Pelvic exam and breast exam during annual visits
- Screenings for diabetes, blood pressure, and heart health

Ages 40–49:

- Mammogram every 1–2 years to check for breast cancer
- Continue Pap + HPV testing every 5 years
- Chronic disease screenings (blood pressure, cholesterol, etc.)

Ages 50–64:

- Colon cancer screening (colonoscopy or other tests)
- Continue chronic disease checks

Age 65 and older:

- Bone density scan to check for osteoporosis

Visit the link to learn more about women's health checkups.

Use QR code to view reference



<https://medlineplus.gov/womenshealthcheckup.html#summary>

