

PREVENTIVE

Screenings and Examinations

For Women's Health

Getting regular check ups, preventive screening tests, and examinations are among the most important things you can do for yourself! Take time to review these guidelines for screening tests and examinations. Use the chart on the back to remind yourself of when you need to see your health care provider based on your personal health profile. Then, become a partner with your health care provider to decide when you need your screenings and examinations. Share your family history, speak up, voice your concerns and always ask questions.

**YOU OWE IT TO YOURSELF -
MAKE AN APPOINTMENT
TODAY!**



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Group Administrators

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These screenings, examinations and other preventive services are recommended as part of your healthcare profile.

SCREENING TEST	AGES 18 - 39	AGES 40 - 49	AGES 50 - 64	AGES 65 & OLDER
Well Woman Check Up	Annually			
Measure height and weight and calculate Body Mass Index	Annually			
Blood Pressure Test	At least every 2 years, more frequently if your blood pressure is greater than 120/80			
Cholesterol Test	Discuss with your doctor or nurse	Start at age 45, then every 5 years	Every 5 years	
Bone Mineral Density Test	Discuss with your doctor or nurse			Get a bone mineral density test at least once
Mammogram (X-ray of Breast)			Every 2 years	Discuss with your doctor
Pap Test & Pelvic Exam	Every 1-3 years starting at age 21 and continually to age 30. Age 30-65 every 3 years			Discuss with your doctor or nurse
Rectal Exam			Fecal Occult Blood Test yearly or Flexible Sigmoidoscopy every 5 years or Colonoscopy every 10 years	
Dental Exam	1-2 times every year			
Influenza Vaccine (flu shot)	Annually			
Pneumococcal Vaccine	Discuss with your doctor if you have a chronic medical condition			One time only (two vaccinations, five years apart if you have a chronic medical condition)
Tetanus-Diphtheria Booster Vaccine	Every 10 years			
Blood Sugar Test (Diabetes Screening)		Start at age 45, then every 3 years	Every 3 Years	

Make sure to talk to your doctor about the appropriateness of these additional tests & services for you.

- Sexually Transmitted Disease (STD) tests
- Mole exams
- Thyroid Test (TSH)
- Other vaccinations or booster shots
- Eye Exams
- Human Papillomavirus (HPV) testing
- Mental health screening
- Hearing Tests

Please note: This chart is only a guideline. Contact your healthcare provider to determine which tests and examinations best meet your healthcare needs. Please refer to your plan summary or contact customer service at 866.738.3924 for more information on plan benefits for these services.