

Preventative Care Checklist

Women (18 years and older)



Discuss your checklist with your primary care provider at your annual wellness visit.
CHI Saint Joseph Medical Group — Primary Care | 859.313.2255

Exams		
Annual Wellness Exam	Annually	
OB-Gynecological Exam	Determined by age	
Vaccines		
COVID-19	18 years and older	
Flu Shot	Annually October - May	
Human Papillomavirus (HPV)	26 years and younger	
Pneumonia (Pneumovax or Prevnar 12)	19 years and older	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Every 10 years	
Hepatitis B	19 - 59 years old	
Shingles (Shingrix)	50 years and older	
Screenings		
Blood Pressure (Hypertension)	Annually	
Blood Sugar (Diabetes)	Annually	
Body Mass Index (BMI)	Annually	
Mammogram (Breast Cancer)	40 - 74 years old	
Pap Smear, HPV Testing (Cervical Cancer)	21 - 65 years old	
Sexually Transmitted Disease (Chlamydia, Gonorrhea, Syphilis)	18 years and older	
Cholesterol	20 years and older	
Colonoscopy, Sigmoidoscopy, Stool Test (Colon Cancer)	45 - 75 years old	
Depression Screening	18 years and older Postpartum	
Osteoporosis	65 years and older or under 64 years w/risk	
Lung Cancer	50 - 80 years old with smoking history	
Tobacco Drug and Alcohol Use Screening	18 years and older	
Tuberculosis	18 years and older	
Hepatitis B and Hepatitis C	18 years and older	

*The information in these checklists include recommendations adapted from the following sources as of January 2023 and is subject to change. Preventative services with a rating of A or B from the U.S. Preventive Services Task Force. Immunizations for children, adolescents and adults recommended by the Centers for Disease Control; and preventative care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration. Based on risk factors and as advised by your health care provider.