



## Informational Series

## Preventive Screening Tests for Women

Screening tests help your provider look for certain diseases before any symptoms appear. This is important because, with some diseases, you may not have symptoms right away. The disease could get worse before you know you have it. Finding the disease early could make treatment more successful. Regular screening tests and checkups can help you stay healthy. Talk with your doctor whenever you have concerns about your health.

### When do I need screening tests?

Some screening tests are done when you reach a certain age. You may have others, like routine checkups, once or twice a year. Your provider can help you decide, based on your health.

You also may need some screening tests earlier or more often if:

- You are at risk for a certain disease, such as diabetes, heart disease, or colon cancer.
- You have a long-term health problem, such as diabetes.
- You take certain medicines, such as blood thinners.

### What can I do to stay healthy?

It is best to catch health problems early. But it is also good to do what you can to avoid them. Here are a few things you can do that may prevent disease:

**Eat right.** Eat whole grains and lots of fruits and vegetables. Limit red meat, saturated fats, sweets, and processed foods.

**Stay active.** Try to do moderate activity at least 2½ hours a week.

**Do not smoke.** If you are ready to quit, see your doctor for help.

**Drink little or no alcohol.** Have no more than 1 drink a day.

If you want to change your lifestyle, take small steps. Set simple goals you can reach—and when you meet them, make new ones.

You and your provider can choose a screening program that is right for you. Your provider may have different recommendations than the ones that follow.

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A general guide to screening tests that may be covered as preventive. Please consult your Member Benefit Agreement.

	18–24 years	25–64 years	Age 65+
<b>Blood pressure</b>	Every 3 to 5 years, or every year if you are at risk for high blood pressure	Every 3 to 5 years, or every year if you are age 40 to 64. Check yearly if you are at risk for high blood pressure.	Every year
<b>Cholesterol</b>	Screening if you are at risk for heart disease	Start at age 45. Start before age 45 if you are at risk for heart disease.	Regular screening. Talk with your provider.
<b>Diabetes</b>	Screening if you are at risk for diabetes	Start at age 45. Start before age 45 if you are at risk for diabetes.	Regular screening through at least age 70
<b>Vision and hearing</b>	Talk with your doctor.	Talk with your provider.	Talk with your provider.
<b>Dental exam</b>	Once or twice a year	Once or twice a year	Once or twice a year
<b>Colon cancer</b> Ask your provider which tests and how often.		Start at age 50. Start before age 50 if you are at high risk or have a family history of colon cancer.	Regular screening through at least age 75
<b>Mammogram</b>		Talk with your doctor if you're in your 40s. Screening every 1 to 2 years after age 50.	Every 1 to 2 years through age 74
<b>Cervical cancer screening</b>	Start with a Pap test at age 21. Then have one every 3 years.	As long as your results are normal, you can: <ul style="list-style-type: none"> <li>• Keep having a Pap test every 3 years.</li> <li>• OR have a Pap test with an HPV test every 5 years.</li> <li>• OR have a primary HPV test every 3 years.</li> </ul>	Many women no longer need the test. Talk with your provider.



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