

# 20s

SCREENING  
RECOMMENDATIONS

*“She turned her “cant’s” into “cans”,  
and her dreams into plans.”*

*-Author unknown*

*Please see back of this card for  
recommendations adopted from  
respected medical societies.*



University of Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

**WOMEN'S INTEGRATED SERVICES IN HEALTH  
(WISH)**

Age	20	21	22	23	24	25	26	27	28	29
<b>Well-Woman Visit, Blood Pressure, Weight &amp; Height check</b> <i>(looking for high blood pressure and weight issues)</i>	●		●		●		●		●	
<b>Breast and Pelvic exam</b> <i>(breast cancer risk evaluation, looking for breast or pelvic abnormalities)</i>	●		●		●		●		●	
<b>Pap test</b> <i>(starting at age 21 and every 3 years thereafter if previous tests normal)</i>		●			●			●		
<b>Screening for Sexually Transmitted Infections</b> <i>(Chlamydia test annually through age 24 and thereafter if at risk, HIV and other tests if at risk)</i>	●	●	●	●	●					
<b>Skin Health</b> <i>(skin cancer prevention counseling and exam at least every 3 years)</i>	●	●	●	●	●	●	●	●	●	●
<b>Eye and Ear Health</b> <i>(at least once and every 2 years thereafter if needed)</i>	●		●		●		●		●	
<b>Oral Health</b> <i>(dental and oral exam 1-2 times a year)</i>	●	●	●	●	●	●	●	●	●	●
<b>Cholesterol/Lipid Panel check</b> <i>(if high risk for coronary heart disease, repeat every 5 years)</i>	●					●				
<b>Pre-diabetes and Diabetes Screening</b> <i>(every 3 years if high blood pressure or high risk)</i>	●			●			●			●
<b>Immunizations</b> <i>(Tetanus/Diphtheria/Pertussis (Tdap) Booster every 10 years, HPV vaccine up to age 26 if not completed before, Influenza vaccine annually)</i>	●	●	●	●	●	●	●	●	●	●
<b>Mental Health Assessment</b> <i>(depression screening)</i> , <b>Behavioral Health Assessment</b> <i>(smoking, alcohol and recreational drug use)</i> , <b>Bone Health</b> <i>counseling</i>										

*Discuss with your health care provider*

# 30s

SCREENING  
RECOMMENDATIONS

*“Always listen to your heart because  
even though it’s on the left side,  
it’s always right.”*

*– The Notebook*

*Please see back of this card for  
recommendations adopted from  
respected medical societies.*



University of Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

**WOMEN'S INTEGRATED SERVICES IN HEALTH  
(WISH)**

Age	30	31	32	33	34	35	36	37	38	39
<b>Well-Woman Visit, Blood Pressure, Weight &amp; Height check</b> <i>(looking for high blood pressure and weight issues)</i>	●		●		●		●		●	
<b>Breast and Pelvic exam</b> <i>(breast cancer risk evaluation, looking for breast or pelvic abnormalities)</i>	●		●		●		●		●	
<b>Pap and HPV test</b> <i>(every 5 years if previous tests normal)</i>	●					●				
<b>Skin Health</b> <i>(skin cancer prevention counseling and exam at least every 3 years)</i>	●			●			●			●
<b>Eye and Ear Health</b> <i>(at least once and every 2 years thereafter if needed)</i>	●		●		●		●		●	
<b>Oral Health</b> <i>(dental and oral exam 1-2 times a year)</i>	●	●	●	●	●	●	●	●	●	●
<b>Cholesterol/Lipid Panel check</b> <i>(if high risk for coronary heart disease, repeat every 5 years)</i>	●					●				
<b>Pre-diabetes and Diabetes Screening</b> <i>(every 3 years if high blood pressure or high risk)</i>	●			●			●			●
<b>Immunizations</b> <i>(Tetanus/Diphtheria/Pertussis (Tdap) Booster every 10 years, Influenza vaccine annually)</i>	●	●	●	●	●	●	●	●	●	●
<b>Mental Health Assessment</b> <i>(depression screening)</i> , <b>Behavioral Health Assessment</b> <i>(smoking, alcohol and recreational drug use)</i> , <b>Bone Health counseling</b>										

*Discuss with your health care provider*

# 40s

## SCREENING RECOMMENDATIONS

*“You are braver than you believe,  
stronger than you seem, and  
smarter than you think.”*

*- Christopher Robin to Winnie the Pooh*

*Please see back of this card for  
recommendations adopted from  
respected medical societies.*



University of Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

**WOMEN'S INTEGRATED SERVICES IN HEALTH  
(WISH)**

Age	40	41	42	43	44	45	46	47	48	49
<b>Well-Woman Visit, Blood Pressure, Weight &amp; Height check</b> <i>(looking for high blood pressure and weight issues)</i>	●		●		●		●		●	
<b>Breast and Pelvic exam</b> <i>(breast cancer risk evaluation, looking for breast or pelvic abnormalities)</i>	●		●		●		●		●	
<b>Pap and HPV test</b> <i>(every 5 years if previous tests normal)</i>	●					●				
<b>Mammogram</b> <i>(Every 1-2 years, discuss with your health care provider)</i>	●		●		●		●		●	
<b>Skin Health</b> <i>(skin cancer prevention counseling and exam at least every 2 years)</i>	●		●		●		●		●	
<b>Eye exam with dilation and Ear Health</b> <i>(at least once and every 1-2 years thereafter if needed)</i>	●		●		●		●		●	
<b>Oral Health</b> <i>(dental and oral exam 1-2 times a year)</i>	●	●	●	●	●	●	●	●	●	●
<b>Cholesterol/Lipid Panel check, Thyroid function test</b> <i>(every 5 years or more frequent if high risk)</i>	●					●				
<b>Pre-diabetes and Diabetes Screening</b> <i>(every 3 years if high blood pressure or high risk)</i>	●			●			●			●
<b>Immunizations</b> <i>(Tetanus/Diphtheria/Pertussis (Tdap) Booster every 10 years, Influenza vaccine annually, pneumonia vaccine once after 65, Shingles vaccine once)</i>	●	●	●	●	●	●	●	●	●	●
<b>Mental Health Assessment</b> <i>(depression screening), Behavioral Health Assessment</i> <i>(smoking, alcohol and recreational drug use), Bone Health counseling</i>										

*Discuss with your health care provider*



# 50s

SCREENING  
RECOMMENDATIONS

*“Put yourself first. You can’t be anything for anybody else unless you take care of yourself.”*

*-Author unknown*

*Please see back of this card for recommendations adopted from respected medical societies.*



University of Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

**WOMEN'S INTEGRATED SERVICES IN HEALTH  
(WISH)**

Age	50	51	52	53	54	55	56	57	58	59
<b>Well-Woman Visit, Blood Pressure, Weight &amp; Height check</b> <i>(looking for high blood pressure and weight issues)</i>	●		●		●		●		●	
<b>Breast and Pelvic exam</b> <i>(breast cancer risk evaluation, looking for breast or pelvic abnormalities)</i>	●		●		●		●		●	
<b>Pap and HPV test</b> <i>(every 5 years if previous tests normal)</i>	●					●				
<b>Mammogram</b> <i>(annually, discuss with your health care provider)</i>	●	●	●	●	●	●	●	●	●	●
<b>Colorectal Cancer Screening</b> <i>(colonoscopy every 10 years if normal, alternatively sigmoidoscopy every 5 years or stool occult blood testing annually)</i>	●									
<b>Skin Health</b> <i>(skin exam annually)</i>	●	●	●	●	●	●	●	●	●	●
<b>Eye exam with dilatation and Ear Health</b> <i>(every 1-2 years)</i>	●		●		●		●		●	
<b>Oral Health</b> <i>(dental and oral exam 1-2 times a year)</i>	●	●	●	●	●	●	●	●	●	●
<b>Cholesterol/Lipid Panel check, Thyroid function test</b> <i>(every 5 years or more frequent if high risk)</i>	●					●				
<b>Pre-diabetes and Diabetes Screening</b> <i>(every 3 years if high blood pressure or if high risk)</i>	●			●			●			●
<b>Immunizations</b> <i>(Tetanus/Diphtheria/Pertussis (Tdap) Booster every 10 years, Influenza vaccine annually)</i>	●	●	●	●	●	●	●	●	●	●
<b>Menopausal symptoms evaluation, Mental Health Assessment</b> <i>(depression screening), Behavioral Health Assessment</i> <i>(smoking, alcohol and recreational drug use), Bone Health</i> <i>(counseling, calcium/vitamin D intake), Hepatitis C test</i> <i>(if born between 1945-1965)</i>	<i>Discuss with your health care provider</i>									

**Age 55 to 80:** Consider taking one baby Aspirin (81 mg) a day if not prohibited by your provider, Lung cancer screening if current or former smoker over 30 pack/year



# 60s

## SCREENING RECOMMENDATIONS

*“The average person tells 4 lies a day, or 1460 a year; a total of 87,600 by the age of 60... and the most common lie is ‘I’m fine.’”*

*-Author unknown*

*Please see back of this card for recommendations adopted from respected medical societies.*



University of Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

**WOMEN'S INTEGRATED SERVICES IN HEALTH  
(WISH)**

Age	60	61	62	63	64	65	66	67	68	69
<b>Well-Woman Visit, Blood Pressure, Weight &amp; Height check</b> <i>(looking for high blood pressure and weight issues)</i>	●		●		●		●		●	
<b>Breast and Pelvic exam</b> <i>(if needed)</i> <i>(breast cancer risk evaluation, looking for breast or pelvic abnormalities)</i>	●		●		●		●		●	
<b>Pap and HPV test</b> <i>(every 5 years if previous tests normal, stop at age 65)</i>	●					●				
<b>Mammogram</b> <i>(annually, discuss with your health care provider)</i>	●	●	●	●	●	●	●	●	●	●
<b>Colorectal Cancer Screening</b> <i>(colonoscopy every 10 years if normal, alternatively sigmoidoscopy every 5 years or stool occult blood testing annually)</i>	●									
<b>Screening for bone loss or Osteoporosis</b> <i>Bone density test (DEXA scan) at age 65</i>						●				
<b>Skin Health</b> <i>(skin exam annually)</i>	●	●	●	●	●	●	●	●	●	●
<b>Eye exam with dilatation and Ear Health</b> <i>(every 1-2 years)</i>	●		●		●		●		●	
<b>Oral Health</b> <i>(dental and oral exam 1-2 times a year)</i>	●	●	●	●	●	●	●	●	●	●
<b>Cholesterol/Lipid Panel check, Thyroid function test</b> <i>(every 5 years or more frequent if high risk)</i>	●					●				
<b>Pre-diabetes and Diabetes Screening</b> <i>(every 3 years if high blood pressure or if high risk)</i>	●			●			●			●
<b>Immunizations</b> <i>(Tetanus/Diphtheria/Pertussis (Tdap) Booster every 10 years, Influenza vaccine annually, pneumonia vaccine once after age 65, Shingles vaccine once)</i>	●	●	●	●	●	●	●	●	●	●

**Fall Risk evaluation, Mental Health Assessment** *(depression screening)*, **Behavioral Health Assessment** *(smoking, alcohol and recreational drug use)*, **Bone Health** *counseling, calcium/vitamin D intake*, **Hepatitis C test** *(if born between 1945-1965)*

*Discuss with your health care provider*

**Age 55 to 80:** Consider taking one baby Aspirin (81 mg) a day if not prohibited by your provider, Lung cancer screening if current or former smoker over 30 pack/year

# 70s

SCREENING  
RECOMMENDATIONS

*“When was the last time you did  
something for the first time?”*

*-Author unknown*

*Please see back of this card for  
recommendations adopted from  
respected medical societies.*



University of Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

**WOMEN'S INTEGRATED SERVICES IN HEALTH  
(WISH)**

Age	70	71	72	73	74	75	76	77	78	79
<b>Well-Woman Visit, Blood Pressure, Weight &amp; Height check</b> <i>(looking for high blood pressure and weight issues)</i>	●		●		●		●		●	
<b>Breast and Pelvic exam (if needed)</b> <i>(breast cancer risk evaluation, looking for breast or pelvic abnormalities)</i>	●		●		●		●		●	
<b>Mammogram</b> <i>(annually, discuss with your health care provider if you need to continue after age 75)</i>	●	●	●	●	●	●	●	●	●	●
<b>Colorectal Cancer Screening</b> <i>(colonoscopy every 10 years if normal- alternatively sigmoidoscopy every 5 years or stool occult blood testing annually, may stop at age 75)</i>	●									
<b>Screening for bone loss or Osteoporosis Bone density test (DEXA scan)</b> <i>once if not done at age 65, repeat based on result.</i>	●									
<b>Skin Health</b> <i>(skin exam annually)</i>	●	●	●	●	●	●	●	●	●	●
<b>Eye exam with dilatation and Ear Health</b> <i>(every 1-2 years)</i>	●		●		●		●		●	
<b>Oral Health</b> <i>(dental and oral exam 1-2 times a year)</i>	●	●	●	●	●	●	●	●	●	●
<b>Cholesterol/Lipid Panel check, Thyroid function test</b> <i>(every 3-5 years or more frequent if high risk)</i>	●					●				
<b>Pre-diabetes and Diabetes Screening</b> <i>(every 3 years if high blood pressure or if high risk)</i>	●			●			●			●
<b>Immunizations</b> <i>(Tetanus/Diphtheria/Pertussis (Tdap) Booster every 10 years, Influenza vaccine annually, pneumonia vaccine once after age 65, Shingles vaccine once)</i>	●	●	●	●	●	●	●	●	●	●
<b>Fall Risk evaluation, Mental Health Assessment (depression screening), Behavioral Health Assessment (smoking, alcohol and recreational drug use), Bone Health counseling (calcium/vitamin D intake)</b>	<i>Discuss with your health care provider</i>									

**Age 55 to 80:** Consider taking one baby Aspirin (81 mg) a day if not prohibited by your provider, Lung cancer screening if current or former smoker over 30 pack/year