

# PREVENTIVE HEALTH CHECKLIST FOR WOMEN



SCREENING TESTS	Service	My Age					How Often?	
		20s	30s	40s	50s	60s		70s +
	Pap tests for cervical cancer	✓	✓	✓	✓	✓	Every 3 to 5 years	
	Mammograms for breast cancer			✓	✓	✓	✓	Every 1 to 2 years
	Lung cancer screenings for smokers				✓	✓	✓	Ask your provider
	Colonoscopies for colon cancer			✓	✓	✓	✓	Every 5 to 10 years
	DEXA scans for bone density					✓	✓	Once
	Mental health	✓	✓	✓	✓	✓	✓	Every year
	Sexually transmitted infections	✓						Ask your provider

VACCINES	HPV	✓						Once (2-3 doses)
	Flu	✓	✓	✓	✓	✓	✓	Every year
	COVID-19	✓	✓	✓	✓	✓	✓	Ask your provider
	Shingles				✓	✓	✓	Once (2-3 doses)
	Pneumonia					✓	✓	Once
	Tetanus	✓	✓	✓	✓	✓	✓	Every 5-10 years; or when pregnant

WHOLE HEALTH & WELLNESS	Tobacco use counseling and help quitting	Recommended for everyone who smokes	Smokers - every checkup
	Healthy alcohol use counseling	Recommended for everyone who drinks alcohol	Every checkup or as needed
	Diet and exercise support	Recommended for everyone	Every checkup or as needed
	Health checkups and lab tests	Recommended for everyone	Ask your provider

Work with your primary care provider to create a prevention plan designed for you. For questions about women's health services or to get connected with your local VA, call or text the Women Veterans Call Center at 855-829-6636.



U.S. Department of Veterans Affairs

# MY HEALTH RECORDS

My Name: \_\_\_\_\_

My Health Care Team: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Screening Test	Date Received	Next Steps

Vaccine	Date Received	Next Steps

Notes: