

Routine Preventative Care Checklist for *women ages 40+*

Talk to your doctor about other screenings or tests that you may need based on your health and family history. To learn about health tests available to purchase on your own without a doctor visit, go to **Ondemand.labcorp.com**.



PHYSICAL EXAM

- Blood Pressure
- Height, Weight, and BMI
- Vision Check— this may be done by your primary care physician or optometrist.
- Skin Check— a preliminary check by primary care provider or full exam by a dermatologist



ROUTINE BLOOD WORK

- Complete Blood Count*
- Basic Metabolic Panel*
- Thyroid Panel*
- Cholesterol & Lipid Panel*
- Diabetes Risk Assessment*



WOMEN'S HEALTH SCREENINGS

- Cervical Cancer Screening (ages 30 through 65)
 - Either a Pap test every 3 years or the HPV test every 5 years depending on your health and sexual history.
- STI Tests
 - Yearly for under 25 and sexually active
 - Yearly for over 25 and you have new or multiple sex partners
- Breast Cancer Screening



SCREENINGS FOR 45+

- Colon Cancer Screening starting at 45*
- Osteoporosis Screening over age 50
- Chronic Kidney Disease starting at 60+



OTHER IMPORTANT HEALTH CHECKS

- Dental Exam



IMMUNIZATIONS

- Flu
- COVID-19 Vaccine and/or Booster
- Shingles may be necessary after age 50

**Available to purchase on Labcorp OnDemand*

References

- Medline Plus. Health screenings for women ages 40 to 64: MedlinePlus Medical Encyclopedia. Medlineplus.gov.
- Jewell T. All About Blood Tests. Healthline. Published February 19, 2019.
- Quick Reference Guide on Kidney Disease Screening. National Kidney Foundation.
- Sexually Transmitted Diseases (STDs). CDC. available at <https://www.cdc.gov/std/prevention/screeningreccs.htm>