

# Women's Health WELLNESS

## Where do **YOU** fit in?

Preventive care includes health services like screenings, check-ups, and patient counseling that are used to prevent illnesses, disease, and other health problems, or to detect illness at an early stage when treatment is likely to work best. Getting recommended preventive services and making healthy lifestyle choices are key steps to good health and well-being.<sup>3</sup>

Well-woman visits include a complete checkup, outside of visits for sickness or injury. These visits focus on preventive care. Part of your visit may involve getting screening tests, which is one of the most important things you can do for your health. At your well-woman visit, the doctor or nurse may recommend screening tests based on your age and risk factors. These recommended tests are individualized based on each patient's needs.<sup>4</sup>

You can find more information about well-woman visits on the website of the US Department of Health and Human Services (DHHS). According to DHHS, under the **Affordable Care Act**, the health care reform law passed in 2010, most insurance plans now cover at least one well-woman visit per year at no cost to you. Plans also must cover selected screenings and certain types of counseling. For more information about which preventive services are covered by the Affordable Care Act, visit [HealthCare.gov](http://HealthCare.gov). Contact your insurance provider to find out specifics about what is covered by your individual plan.<sup>4</sup>

### References

1. American College of Obstetricians and Gynecologists. <https://www.acog.org/About-ACOG/ACOG-Departments/Annual-Womens-Health-Care/Well-Woman-Recommendations>. Accessed February 22, 2018.
2. USPSTF A and B Recommendations. <https://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations>. Accessed February 22, 2018.
3. CDC Preventive Care for Adults. <https://www.cdc.gov/prevention/index.html>. Accessed February 22, 2018.
4. US Department of Health and Human Services. Get your well-woman visit every year. [https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/sexual-health/get-your-well-woman-visit-every-year#take-action\\_1](https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/sexual-health/get-your-well-woman-visit-every-year#take-action_1). Accessed February 22, 2018.

WELLNESS at **EVERY** age.

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Age 13-18



**Periodic Screening**

Chlamydia and gonorrhea testing (if 24 years and younger and sexually active)<sup>1,2,3</sup>  
Human immunodeficiency virus (HIV) testing (if sexually active)<sup>1,2,3</sup>

**High Risk Groups\***

Colorectal cancer screening<sup>1</sup>  
Cholesterol (Lipid testing)<sup>1,3</sup>  
Diabetes testing<sup>1,3</sup>  
Genetic testing<sup>1</sup>  
Hemoglobin level assessment<sup>1</sup>  
Hepatitis B virus testing<sup>1</sup>  
Hepatitis C virus testing<sup>1,3</sup>

Human immunodeficiency virus (HIV) testing<sup>1</sup>  
Sexually transmitted infection testing<sup>1</sup>  
Syphilis<sup>2,3</sup>  
Tuberculosis testing<sup>1</sup>

Age 19-39



**Periodic Screening**

Cervical cytology<sup>1,2,3</sup>

**Age 21-29:** Screen every 3 years cytology alone

**Age 30 and older:**

Preferred – Co-test cytology and HPV screening every 5 years<sup>1</sup>

Option - Screen with cytology alone every 3 years<sup>1</sup>

Chlamydia and Gonorrhea test (if 24 years and younger and sexually active)<sup>1</sup>

Genetic testing/counseling: SMA, CF and assessment for risk of hemoglobinopathy (for women considering pregnancy)<sup>1</sup>

Human immunodeficiency virus (HIV) testing (if sexually active)<sup>1,2,3</sup>

**High Risk Groups\***

Colorectal cancer screening<sup>1</sup>  
Cholesterol (Lipid testing)<sup>1,3</sup>  
Diabetes testing<sup>1,3</sup>  
Genetic testing/counseling (Fragile x, Tay-Sachs disease)<sup>1</sup>  
Hemoglobin level assessment<sup>1</sup>  
Hepatitis C virus testing<sup>1,3</sup>  
Sexually transmitted infection testing<sup>1</sup>  
Syphilis<sup>2,3</sup>  
Thyroid stimulating hormone testing<sup>1</sup>  
Tuberculosis testing<sup>1</sup>

Age 40-64



**Periodic Screening**

Colorectal cancer screening beginning at age 50<sup>1,2,3</sup>

Fecal occult blood testing: every year<sup>1</sup>

Cervical cytology 40-65: Preferred – Co-test cytology and HPV screening every 5 years<sup>1</sup>

Option - Screen with cytology alone every 3 years<sup>1</sup>

Cholesterol (Lipid testing)<sup>1,3</sup>

Diabetes testing at age 45<sup>1</sup>: if normal repeat every 3 years<sup>1,2,3</sup>

Genetic testing/counseling: SMA, CF and assessment for risk of hemoglobinopathy (for women considering pregnancy)

Hepatitis C virus one-time testing if born 1945-1965<sup>1,2,3</sup>

Human immunodeficiency virus (HIV) testing (if sexually active)<sup>1,2,3</sup>

<sup>1</sup>Begin at age 40 if overweight or obese<sup>2</sup>

**High Risk Groups\***

Bone mineral density screening<sup>1</sup>  
Colorectal cancer screening\*\*  
Diabetes testing<sup>1</sup>  
Genetic testing/counseling (Fragile X, Tay-Sachs disease)<sup>1</sup>  
Hemoglobin level assessment<sup>1</sup>  
Sexually transmitted infection testing<sup>1</sup>  
Syphilis<sup>2,3</sup>  
Thyroid stimulating hormone testing<sup>1</sup>  
Tuberculosis testing<sup>1</sup>

\*\*Colorectal cancer screening for African American women should begin at age 45

Age 65+



**Periodic Screening**

Colorectal cancer screening up to age 75, then aged 76-85 (based on patient's overall health and prior screening)<sup>1,2,3</sup>

Fecal occult blood testing: every year<sup>1</sup>

Cervical cytology age 65: Preferred – Co-test cytology and HPV screening every 5 years<sup>1</sup>

Option - Screen with cytology alone every 3 years<sup>1</sup>

Age 66 and older: Discontinue in women with evidence of adequate negative prior screening test results and no history of CIN 2 or higher<sup>1,2,3</sup>

Bone mineral density screening (every 2 years with no new risk factors)<sup>1</sup>

Cholesterol (Lipid testing)<sup>1,3</sup>

Diabetes testing (every 3 years)<sup>1,2,3</sup>

Hepatitis C virus one-time testing if born 1945-1965<sup>1,3</sup>

Thyroid Stimulating Hormone testing (every 5 years)<sup>1</sup>

Urinalysis<sup>1</sup>

Age 75 stop routine screening supported by ACOG<sup>1</sup>

**High Risk Groups\***

Hemoglobin level assessment<sup>1</sup>  
Human immunodeficiency virus (HIV) testing<sup>1,3</sup>  
Sexually transmitted infection testing<sup>1</sup>  
Syphilis<sup>2,3</sup>  
Thyroid stimulating hormone testing<sup>1</sup>  
Tuberculosis testing<sup>1</sup>

\*ACOG defines "high-risk" as family history, life style, weight, ethnicity, sexually active, and born in country with high prevalence.