

For women ages 20 to 49

Topics you may want to discuss with your doctor

Exercise

- Regular physical activity (at least 30 minutes per day) can reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes.
- Over 40: Consult physician before starting new vigorous physical activity.

Nutrition

- Know your body mass index (BMI), blood pressure, and cholesterol level. Modify your diet accordingly.
- Eat a healthy diet. Limit fat and calories. Eat fruits, vegetables, beans, and whole grains every day.
- Optimal calcium intake for women between ages 25 and 50 is estimated to be 1,000 mg/day.
- Vitamin D is important for bone and muscle development, function, and preservation.

Sexual health

- Sexually transmitted infection (STI)/HIV prevention;¹⁶ practice safer sex (use condoms) or abstinence.
- Avoid unintended pregnancy; use contraception.

Substance use disorder

- Stop smoking. Limit alcohol consumption. Avoid alcohol or drug use while driving.

Dental health

- Floss and brush with fluoride toothpaste daily. Seek dental care regularly.

If you are pregnant, please refer to the “For pregnant women” page for pregnancy-related recommendations.

Immunizations

Flu, annual	Recommended ²
Hepatitis A	For individuals with risk factors; for individuals seeking protection ³
Hepatitis B	For individuals with risk factors; for individuals seeking protection ^{4,29}
HPV (human papillomavirus)	For all women age 26 and younger if not previously immunized. Recommended for all sexually active women age 30 and older in conjunction with cervical cancer screening (Pap smear).
Meningococcal	First-year college students who live in residential housing if not previously immunized and military recruits ⁸
MMR (measles, mumps, rubella)	Once, without proof of immunity or if no previous second dose ⁵
Pneumococcal (pneumonia)	For individuals with risk factors ⁷
Td booster (tetanus, diphtheria)	Recommended once every 10 years ¹⁵
Varicella (chicken pox)	Recommended for adults without evidence of immunity; 2-dose series 4-8 weeks apart ¹⁰

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed
Blood pressure, height, weight, BMI, vision, and hearing	At well visit, annually
BRCA risk assessment and genetic counseling/testing	Women with a positive result on the risk assessment tool or have a family history of breast, ovarian, tubal, prostate, pancreatic, or peritoneal cancer are recommended to receive genetic counseling and/or genetic testing. ²⁰
Breast cancer	Recommend mammogram every 1–2 years beginning at age 40
Breast cancer chemoprevention	Recommended for women at high risk for breast cancer and low risk for adverse effects from chemoprevention
Cardiovascular disease	Statin use for primary prevention in adults ³⁵
Cervical cancer	Recommended screening every 3 years with cervical cytology by Pap tests
Chlamydia and Gonorrhea	Screening for all sexually active women under age 24 and for women at increased risk for infection ¹¹
Contraception	FDA-approved female contraceptive methods, education, and counseling ³²
Depression	Screening for all adults
Diabetes	Screening for overweight or obese adults ages 40–70 ²²
Domestic violence and abuse	Screening for interpersonal and domestic violence for adolescents, women, and women of childbearing age ³⁴
Drug Misuse	Screening for unhealthy drug use ²⁵
Healthy diet and physical activity	Behavioral counseling ²⁷
Hepatitis C	Screening for HCV infection in persons at high risk of infection ³⁰
HIV	Screening for all adolescents and adults ages 15–65. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition.
Latent tuberculosis infection (LTBI)	Screening for asymptomatic adults at increased risk for infection ³³
Lipid disorder	Screening for individuals at increased risk ⁹
Obesity	Screening, counseling, and behavioral interventions and offer or refer to comprehensive intensive behavioral intervention to promote improvements in weight status
Osteoporosis	Screening for women at increased risk
Sexually transmitted infections	Behavioral counseling as needed ²⁶
Skin cancer	Behavioral counseling for minimizing exposure to ultraviolet radiation for young adults to age 24 at high risk
Syphilis	Screening for pregnant women and individuals at increased risk for infection ¹²
Tobacco use and cessation	Screening for tobacco use and cessation intervention