

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

For pregnant women

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed
Aspirin	Low-dose aspirin use for the prevention of morbidity and mortality from preeclampsia ¹⁴
Asymptomatic bacteriuria	Recommended screening using urine culture in pregnant women.
Breast-feeding counseling	Promote breast-feeding to pregnant or postpartum women. Provide comprehensive lactation support and breast-feeding equipment.
Chlamydia and Gonorrhea	During first prenatal visit and second screening during the third trimester for those at increased risk ¹¹
Depression	Refer pregnant and postpartum persons who are at increased risk of depression to counseling interventions
Drug Misuse	Screening for unhealthy drug use ²⁵
Folic acid	Discuss use of 0.4 to 0.8 mg daily
Gestational diabetes	Women between 24- to 28-week gestations and the first prenatal visit for pregnancy. Women identified to be at increased risk for diabetes.
Hepatitis B	First prenatal visit ²⁹
HIV	First prenatal visit ²³
Preeclampsia	Screening with blood pressure measurements
Rh (D) incompatibility	Recommended repeated Rh(D) antibody testing for all unsensitized Rh(D) – negative women at 24 to 28 weeks' gestation, unless the biological father is known to be Rh(D) – negative
Syphilis	Recommend early screening for infection in all pregnant women ¹²
Tdap	One dose of Tdap is recommended during each pregnancy, preferably in the early part of the gestational weeks 27–36
Tobacco use and cessation	Screening for tobacco use and tobacco-cessation intervention

Having a baby? Be aware that while almost all women get the “baby blues” after childbirth, as many as 10% will get postpartum depression. For more information, visit our website, blueshieldca.com, or see your healthcare provider.

Recommendations for a healthy pregnancy

Prenatal care

Begin within 14 days of confirming pregnancy.

Dietary supplements

Women of childbearing age should take 0.4 to 0.8 mg of folic acid daily to decrease the risk of fetal brain and spinal cord birth defects. The recommended calcium intake for pregnant or nursing women is 1,000 milligrams daily.

Screenings and diagnostics

Blood pressure and weight check at all visits; urine test; obstetrical history and physical; screenings for asymptomatic bacteriuria; chlamydia; gestational diabetes; Group B streptococcal bacteria; hepatitis B; syphilis; gonorrhea; hematocrit; rubella; varicella; Rh (D) incompatibility; HIV counseling and screening; ultrasonography;

screening for alpha fetoprotein; chorionic villus screening (CVS) or amniocentesis (for women age 35 and older); blood tests for certain birth defects; fundal height; fetal heart tones.

Discussion topics at prenatal care visits

Prior vaccinations (including flu shots), history of genital herpes, nutrition, smoking cessation, other medication and drug use, preterm labor risk, domestic abuse, mental health as an initial intervention service after screening for interpersonal and domestic violence, and other medication and drug use.

Postpartum care

To be performed within three to seven weeks following delivery. Postpartum exam to include weight, blood pressure, breast and abdomen exam, or pelvic exam.