Check-up checklist for women ages 20 – 49 years

### Immunizations

<table>
<thead>
<tr>
<th>Vaccination</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu, Seasonal</td>
<td>Recommended for individuals with risk factors¹</td>
</tr>
<tr>
<td>Flu, H1N1</td>
<td>Recommended²</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>For individuals with risk factors³</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>For individuals with risk factors⁴</td>
</tr>
<tr>
<td>HPV (human papillomavirus)</td>
<td>For all women 26 years and younger</td>
</tr>
<tr>
<td>Meningococcal</td>
<td>College-bound students or persons at risk should discuss the benefits of vaccination with their doctor</td>
</tr>
<tr>
<td>MMR (measles, mumps, rubella)</td>
<td>Once, without proof of immunity or if no previous second dose⁶</td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>For individuals with risk factors⁷</td>
</tr>
<tr>
<td>Rubella (German measles)</td>
<td>Recommended for all women of childbearing age, if susceptible</td>
</tr>
<tr>
<td>Td booster (tetanus, diphtheria)</td>
<td>Once every 10 years or sooner if risk factors are present⁸</td>
</tr>
<tr>
<td>Varicella (chickenpox)</td>
<td>Adults under age 60 without evidence of immunity⁹</td>
</tr>
</tbody>
</table>

### Screenings

<table>
<thead>
<tr>
<th>Screening</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure</td>
<td>At least every 2 years</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Periodically, starting at age 35 (age 20 if risk factors are present)¹⁰</td>
</tr>
<tr>
<td>Diabetes</td>
<td>To age 45, every 2 years if overweight; over age 45, every 3 years and more often if overweight; for all adults with high blood pressure or cholesterol</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>Beginning at age 40, mammogram every 1–2 years with an annual clinical breast exam</td>
</tr>
<tr>
<td>Cervical cancer</td>
<td>Pap test and HPV test: At least every 3 years beginning at age 21 or within 3 years of onset of sexual activity</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>Recommended for all sexually active women under age 25 and for women at high risk for infection¹¹</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>Recommended for all sexually active women under age 25 and for women at high risk for infection¹¹</td>
</tr>
<tr>
<td>Syphilis</td>
<td>Routine screening for pregnant women and individuals at high risk for infection¹²</td>
</tr>
<tr>
<td>Rubella susceptibility</td>
<td>Recommended for all women of childbearing age</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>Evaluation of risk factors¹³ for women (especially postmenopausal); women at high risk may need a screening test</td>
</tr>
<tr>
<td>Height and weight checks, vision and hearing tests</td>
<td>Periodically</td>
</tr>
<tr>
<td>HIV screening</td>
<td>For all adults at risk for HIV infection¹³</td>
</tr>
</tbody>
</table>

### 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.

### Sexual health

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

### Substance abuse

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

### Dental health

- Floss and brush with fluoride toothpaste daily. Regular dental care.

### Other topics for discussion

- Risks for coronary heart disease and use of aspirin to prevent heart disease.
- Risks and screening for diabetes.
- Issues related to obesity.
- Mammography screening.
- Mental and emotional health – for example, depression and anxiety.
- Domestic violence and abuse.
- Folic acid for pregnancy.
- Lipid-lowering drugs.

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 Web site, blueshieldca.com and search “postpartum depression” or see your healthcare provider.
Evidence of Coverage
or Certificate of Insurance or Policy for plan/policy coverage of Preventive Health Benefits.

These are Blue Shield of California’s Preventive Health Guidelines which are based on nationally recognized guidelines. Members must refer to their Evidence of Coverage or Certificate of Insurance or Policy for plan/policy coverage of Preventive Health Benefits.