



## Help your health grow.

Staying healthy doesn't need to be difficult. Managing your health through a well-woman visit (annual exam) with your healthcare provider is a simple way to stay healthy.

A well-woman visit focuses on preventive care and can be one of the most important things you can do for your health.<sup>8</sup> During your visit, your healthcare provider may recommend screenings and testing based on your age and risk factors. These can provide valuable information to you and your healthcare provider, finding certain diseases before they become severe and helping you to maintain your health.



Learn more 

For more information about which preventive services are covered by the Affordable Care Act, visit [HealthCare.gov](https://www.healthcare.gov). Contact your insurance provider to find out specifics about what is covered by your individual plan.<sup>9</sup>

Labcorp Patient™ portal allows patients to access lab results. A mobile app is also available for download.



#### References

1. 2021 Recommendations for Well-Woman Care Clinical Summary Tables. Women's Preventive Services Initiative. Available at <https://www.womenspreventivehealth.org/wellwomanchart/>. Accessed December 3, 2020.
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9. Preventive care benefits for women. <https://www.healthcare.gov/preventive-care-women/>. Accessed July 19, 2021.
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### WOMEN'S HEALTH

# Empower your health through wellness



# Wellness can grow at every age with preventive care

AGE: 13-18



## Routine Screening

- **Chlamydia and gonorrhea**<sup>1,5</sup>: Ages 13-24 annually
- **HIV**<sup>1,5</sup>: Ages 15-18: Test at least once and retest annually if at increased risk
- **Lipid**<sup>1</sup>: Ages 18-21: Once

### Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- Diabetes: with previous gestational diabetes, every three years for at least 10 years after pregnancy<sup>1</sup>
- Hepatitis B<sup>1</sup>
- Syphilis<sup>1,7</sup>
- Tuberculosis<sup>1</sup>

AGE: 19-35



## Routine Screening

- **Cervical cancer**<sup>1,3</sup>: Ages 21-29: Screen every three years with Pap smear alone. Ages 30 to 65: Screen every three years with Pap smear alone, every five years with high-risk HPV testing alone or co-testing every five years
- **Chlamydia and gonorrhea**<sup>1,5</sup>: Age 24 years and younger: Annual screening if sexually active<sup>1,5</sup>. Age 25 and older: Annual screening if at increased risk
- **HIV**<sup>1,5</sup>: Ages 13-65: Test at least once and retest annually if at increased risk
- **Hepatitis C**: Ages 18-79: Once. Ages 19-35: Repeat screening for high risk<sup>1</sup>
- **Lipid**<sup>1</sup>: Ages 18-21: Once
- Genetic testing/counseling if you are considering pregnancy

### Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- Diabetes: with previous gestational diabetes, every three years for at least 10 years after pregnancy<sup>1</sup>
- Hereditary cancer genetic testing<sup>1</sup>
- Syphilis<sup>1,7</sup>
- Thyroid stimulating hormone in symptomatic women<sup>6</sup>
- Tuberculosis<sup>1</sup>
- Hepatitis B<sup>1</sup>

AGE: 40-64



## Routine Screening

- **Colorectal cancer**: Beginning at age 45<sup>10</sup>
- **Cervical cancer**<sup>1,3</sup>: Ages 30-65: Screen every three years with Pap smear alone, every five years with high-risk HPV testing alone or co-testing every five years
- **Lipid**: every five years<sup>1</sup>
- **Diabetes**: If overweight or obese every three years<sup>1</sup>
- **Hepatitis C**: Ages 18-79: Once. Ages 19-35: Repeat screening for high risk<sup>1</sup>
- **HIV**<sup>1,5</sup>: Ages 13-65: Test at least once and retest annually if at increased risk
- **Chlamydia and gonorrhea**<sup>1,5</sup>: Annual screening if at increased risk
- Genetic testing/counseling if you are considering pregnancy

### Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- Diabetes: with previous gestational diabetes, every three years for at least 10 years after pregnancy<sup>1</sup>
- Hereditary cancer genetic testing<sup>1</sup>
- Syphilis<sup>1,7</sup>
- Thyroid stimulating hormone in symptomatic women<sup>6</sup>
- Tuberculosis<sup>1</sup>
- Hepatitis B<sup>1</sup>

AGE: 65+



## Routine Screening

- **Colorectal cancer**: Up to age 75. Ages 76-85: based on patient's overall health<sup>1,2,3</sup>
- **Cervical cancer**<sup>1,3</sup>: Ages 30-65: Screen every three years with cytology alone, every five years with high-risk HPV testing alone or co-testing every five years. Ages 19-35, 66 and older: Discontinue in women with evidence of adequate prior screening<sup>3</sup>
- **Lipid**: once every five years up to 75 years of age<sup>1</sup>
- **Diabetes**: if overweight or obese every three years<sup>1</sup>
- **Hepatitis C screening**: Ages 18-79: Once. Ages 19-35: Repeat screening for high risk<sup>1</sup>
- **Chlamydia and gonorrhea**<sup>1,5</sup>: Annual screening if at increased risk

### Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- Hereditary cancer genetic testing<sup>1</sup>
- HIV<sup>1,2,5</sup>
- Syphilis<sup>1,7</sup>
- Thyroid stimulating hormone in symptomatic women<sup>6</sup>
- Tuberculosis<sup>1</sup>
- Hepatitis B<sup>1</sup>



Talk to your healthcare provider about what screening and testing is right for you.