

Annual Physical Exam Checklist for Women

Recommended Screenings by Age

	20's	30's	40's	50's	60's
Annual Physical Exam	✓	✓	✓	✓	✓
Annual vision and dental exam	✓	✓	✓	✓	✓
Annual Well-Women Visit (STD testing, pelvic exam, breast exam, and pap smear every 3 years)	✓	✓	✓	✓	✓
Full body skin exam every 2 years	✓	✓	✓	✓	✓
Cholesterol testing every 5 years	✓	✓	✓	✓	✓
Annual Flu Vaccine	✓	✓	✓	✓	✓
HPV Vaccine	✓				
Tdap booster at least every 10 years	✓				
MMR (Measles mumps rubella)	✓				
Varicella	✓				
Depression screening	✓	✓	✓	✓	✓
Blood test for diabetes, thyroid disease, liver problems and anemia		✓	✓	✓	✓
Annual cardiovascular evaluation		✓	✓	✓	✓
Mammogram every 1-2 years			✓	✓	✓
Diabetes screening			✓	✓	✓
Screening for lipid disorders every 5 years			✓	✓	✓
Annual low-dose CT lung scan				✓	✓
Blood test for thyroid every 5 years				✓	✓
Colorectal cancer screening				✓	✓
Shingles vaccine (2 doses)				✓	✓
Osteoporosis screening					✓
Annual hearing exam					✓
Dementia and Alzheimer's screening					✓
One-time screening for Abdominal Aortic Aneurysm					✓