

Get Recommended Vaccines and Screening Tests - Women

Staying Healthy: Recommendation for Women

The Veterans Health Administration (VHA) aims to help you stay healthy. The table below lists the **preventive health services** (screening tests, medications, health counseling, and vaccines) that VHA recommends. Screening tests are used to look for health conditions before there are symptoms. These recommendations apply only to adult women of **average risk**. You are a woman of average risk if you have **no personal or family history or symptoms** of the conditions listed below. If you are having symptoms of a condition, please talk to your provider.

Click on the links below (in blue) to learn more about each recommendation.

Does VHA recommend a particular preventive health service for average risk women in my age group?

Green: Recommended
Yellow: Recommended for some people—please talk with your provider
Red: Not recommended (NR)

Preventive Health Service	18-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years	80 years and older
Screening Tests							
Abdominal Aortic Aneurysm	NR (age 18-64)				Uncertain (age 65-75)	NR (age 76 and older)	

Preventive Health Service	18-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years	80 years and older
Breast Cancer	NR (age 18-39)		Talk with your provider (age 40-49)	Recommended every 2 years (age 50-74)		Recommended for some people—please talk with your provider (age 75 and older)	
Cervical Cancer	NR	Every 3 years (age 21-29)	Recommended. Every 3 or 5 years, depending on tests chosen (age 30-65)		NR (age 66 and older)		
Colon Cancer	NR (age 18-49)			Recommended. Frequency varies by test chosen (age 50-75)		Talk with your provider (76-85)	NR (86 and older)
Depression	Every year						
Hepatitis B Infection	Recommended for some people—please talk with your provider (age 18 and older)						
Hepatitis C Infection	Recommended for some people—please talk with your provider (age 18 and older)						
High Blood Pressure	Recommend every 2 years (age 18 and older)						
High Cholesterol	NR	Talk with your provider (age 20 and older)					
HIV Infection	Recommend once (age 18 and older)						

Preventive Health Service	18-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years	80 years and older
Osteoporosis	Recommended for some women—talk with your provider (age 18-64)				Recommended once (age 65 and older)		
Overweight and Obesity	Recommend every year (age 18 and older)						
Sexual Transmitted Infections	Recommended. Test for gonorrhea and chlamydia every year (18-24). Talk with your provider about syphilis testing		Talk with your provider about testing for gonorrhea, chlamydia, and syphilis (age 25 and older)				
Medications							
Folic Acid for Pregnancy Planning	Recommended. Daily folic acid supplement for any woman who may become pregnant				NR after child bearing age		
Aspirin to Prevent Stroke	NR (age 18-54)				Talk with your provider (age 55-79)		NR (age 80 and older)
Health Counseling							
Tobacco Use	Recommend every visit (if using tobacco) (age 18 and older)						
Alcohol Use	Talk with your provider about healthy alcohol use (age 18 and older)						
Healthful Diet and Physical Activity	Make a plan with your provider about a healthful diet and physical activity (age 18 and older)						
Vaccines							
Hepatitis A	Recommended for some people—please talk with your provider (age 18 and older)						
Hepatitis B	Recommended for some people—please talk with your provider (age 18 and older)						

Preventive Health Service	18-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years	80 years and older
Human Papilloma Virus (HPV)	Three doses (age 18-26)	NR (age 27 and older)					
Influenza (Flu)	Recommended every year (age 18 and older)						
Measles, Mumps, and Rubella (MMR)	Recommended for some people—please talk with your provider (age 18 and older)						
Meningococcal Disease	Recommended for some people—please talk with your provider (age 18 and older)						
Pneumococcal Disease	Recommended for some people—talk with your provider (age 18-64)				Recommended. One dose each of 2 vaccines (age 64 and older)		
Tdap (Tetanus, Diphtheria, Pertussis)	Recommended. One dose. Give additional dose with every pregnancy (age 18 and older)						
Td (Tetanus and Diphtheria)	Recommended. Booster every 10 years (10 years after last Tdap or Td) (age 18 and older)						
Varicella Zoster (Shingles)	NR (age 18-59)				Recommended. One dose (age 60 and older)		