

# Staying Healthy: Recommendations 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 with your provider.

## Which preventive health services are recommended for average risk women in my age group?

- Green: Recommended
- Yellow: Recommended for some women – talk with your provider
- Red: Not recommended (NR)

### SCREENING TESTS FOR AVERAGE RISK VETERANS

HEALTH CONDITIONS	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older	
<b>Breast Cancer</b>	Not recommended (age 18–39)		Recommended annually (45–54) Recommend biennial (55 and older or have opportunity to continue annually) Have opportunity to begin annual screening (40–44)			Recommended for some women – talk with your provider (age 75 and older)		
<b>Cervical Cancer</b>	Every 3 years (age 21–29)	Recommended. Every 3 or 5 years, depending on tests chosen (age 30–65)			Not recommended (age 66 and older)			
<b>Colon Cancer</b>	Not recommended (age 18–44)		Recommended. Frequency varies by test chosen (age 45–75)			Talk with your provider (age 76–85)	NR (age 86 and older)	
<b>Depression</b>	Recommended every year							
<b>Hepatitis B Infection</b>	Recommended for some women – talk with your provider (age 18 and older)							
<b>Hepatitis C Infection</b>	Recommended in adults aged 18–79 years, and in all pregnant women, during each pregnancy							
<b>High Blood Pressure</b>	Recommended every year (age 18 and older)							
<b>HIV Infection</b>	Recommended once (age 18 and older); in all pregnant Veterans; annually in Veterans with ongoing risk factors							
<b>Lung Cancer</b>	Not recommended (age 18–49)			Recommended for some women – talk with your provider (age 50–80)			Not recommended (age 81 and older)	
<b>Osteoporosis</b>	Recommended for some women – talk with your provider (age 18–64)				Recommended once (age 65 and older)			
<b>Overweight &amp; Obesity</b>	Recommended every year (age 18 and older)							
<b>Sexually Transmitted Infections</b>	Recommended. Test for gonorrhea and chlamydia every year (age 18–24). Talk with your provider about syphilis testing.	Talk with your provider about testing for gonorrhea, chlamydia, and syphilis (age 25 and older)						
		Early screening for syphilis infection is recommended for all pregnant Veterans, regardless of age.						

### MEDICATIONS

HEALTH CONDITIONS	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>Folic Acid for Pregnancy Planning</b>	Recommended. Daily folic acid supplement for any woman who may become pregnant (age 18–55)			Not recommended after child-bearing age (age 55 and older)			
<b>Aspirin to Prevent Cardiovascular Disease</b>	Not recommended (age 18–49)			Talk with your provider (age 50–69)		Not recommended (age 70 and older)	
<b>PrEP to Prevent HIV Infection</b>	Talk with your provider (age 19 and older)						
<b>Statin to Prevent Cardiovascular Disease</b>	Not recommended (age 19–40)			Recommended for some women – talk with your provider (age 40 and older)			

### HEALTH COUNSELING

HEALTH CONDITIONS	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>Tobacco Use</b>	Recommended every visit (if using tobacco) (age 18 and older)						
<b>Alcohol Use</b>	Talk with your provider about healthy alcohol use (age 18 and older)						
<b>Healthy Diet and Physical Activity</b>	Talk with your provider about a healthy diet and physical activity (age 18 and older)						

### VACCINES

HEALTH CONDITIONS	19–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>COVID-19</b>	Recommended for all women – talk with your provider to make sure you stay up-to-date ( <a href="https://www.va.gov/health-care/covid-19-vaccine/">https://www.va.gov/health-care/covid-19-vaccine/</a> )						
<b>Hepatitis A</b>	Recommended for some women – talk with your provider (age 19 and older)						
<b>Hepatitis B</b>	Recommended for all women who have not already had Hepatitis B vaccine (age 19–59)				Recommended for some women – talk with your provider (age 60 and older)		
<b>Herpes Zoster (Shingles) RZV vaccine</b>	Recommended for some women – talk with your provider (age 19 and older)			Recommended 2 doses (age 50 and older), with second dose 2–6 months after first dose			
<b>Human Papilloma Virus (HPV) HPV9 vaccine</b>	2–3 doses (age 19–26) if series not completed	Talk with your provider (age 27–45)		Not recommended (age 46 and older)			
<b>Influenza (Flu) Injectable, Inhaled</b>	Recommended every year (age 19 and older)						
<b>Measles, Mumps, and Rubella (MMR)</b>	Recommended for some women – talk with your provider (age 19 and older)						
<b>Meningococcal Disease</b>	Recommended for some women – talk with your provider (age 19 and older)						
<b>Pneumococcal Disease</b> PCV20 vaccine, PCV15 vaccine, PPSV23 vaccine	Recommended for some women – talk with your provider (age 19–64)				Recommended – talk with your provider to make sure you are up-to-date (age 65 and older)		
<b>Tdap (Tetanus, Diphtheria &amp; Pertussis)</b>	Recommend at least 1 dose. Get additional dose with every pregnancy (Or for wound management if > 5 years have passed since last tetanus toxoid-containing booster vaccine).						
<b>Td (Tetanus and diphtheria)</b>	Recommended. Booster every 10 years (age 19 and older) (Either Tdap or Td may be used) (Or for wound management if > 5 years have passed since last tetanus toxoid-containing booster vaccine).						
<b>Varicella (Chickenpox)</b>	Recommended for some women – talk with your provider (2 doses if born 1980 or later)						