How often should I get a checkup?
Here are guidelines for how often you should get a routine checkup. If you have any ongoing health problems, you should see your health care provider more often.

Who should get a checkup and how often?
Women 18 to 39 years old:
- Every 6 months to 1 year:
  - dental exam.
- Every 2 to 3 years:
  - measure height and weight
  - have a blood pressure check
  - have a Pap test. (After you have had three normal yearly Pap smears, ask your health care provider about how often you should have it done.)

Make sure you are up to date on your shots.
- Make sure you have had your rubella (measles) shot
- Get tetanus shot every 10 years
- Get a chickenpox shot if you have not had one before and you do not know if you have had chickenpox.

Women 40 to 65 years old:
- Every 6 months to 1 year:
  - dental exam.
- Every year
  - A height and weight measure
  - A blood pressure check
  - A dental exam
A Pap test (After you have had three normal annual Pap smears, ask your health care provider about how often you should have it done.)
A mammogram. (After you're 50 years old, you should have a mammogram every 1 to 2 years.)
Blood sugar test if at risk for diabetes.

- Every 3 to 5 years:
  - Cholesterol check.
  - Blood sugar check if other risks for heart disease (e.g., high blood pressure)
- Every 5 – 10 years:
  - consider screening for colon cancer. How often depends upon the test
  - Fecal occult-blood test yearly
  - flexible sigmoidoscopy every 5 years
  - colonoscopy every 10 years.

Make sure you are up to date on your shots.
- flu shot every year, especially if you are over 50 years old
- tetanus (Td) booster shot at least every 10 years to protect against lockjaw
- varicella (chickenpox) shot if you have never had a varicella shot and you do not know if you ever had chickenpox

Women over 65 years old:
- Every 6 months to 1 year:
  - dental exam
- Every 1 to 2 years:
  - A weight measure
  - A blood pressure check
  - A mammogram
- Every 1 to 3 years, your health care provider should:
  - Check your cholesterol and blood sugar if you are at risk for heart disease
- Check your hearing
- Do a Pap test if you have not had 3 consecutive normal ones in the past 10 years

Every 5 – 10 years:
- consider screening for colon cancer. How often depends upon the test
- Fecal occult-blood test annually
- flexible sigmoidoscopy every 5 years
- colonoscopy every 10 years.

**What immunizations do I need to get?**

As an adult, you should have the shots listed below:

- flu shot every year, especially if you are over 50 years old
- tetanus (Td) booster shot every 10 years
- varicella (chickenpox) shot twice in your lifetime. You need this shot if you have never had a varicella shot and you do not know if you ever had chickenpox disease.
- pneumococcal pneumonia shot at age 65 or sooner if ordered by your health care provider.

**All women should remember the keys to staying healthy:**

- Eat many kinds of healthy foods.
- Keep a healthy weight.
- Exercise often.
- Get regular checkups and the shots you need.