Women's health wellness assessments provide an opportunity for physicians to counsel patients about preventive care. These assessments may include laboratory screening, evaluation, and counseling at varying intervals. Current guidelines provide screening and testing recommendations based on age and risk factors, and serve as a framework of care for the obstetrician, gynecologist, and others providing health care for women which should be individualized to meet the needs of each patient.

### AGES 13-18

<table>
<thead>
<tr>
<th>Periodic Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chlamydia and gonorrhea testing</strong> (if 24 years and younger and sexually active) **</td>
</tr>
</tbody>
</table>

**High-risk Groups**
- Colorectal cancer screening
- Cholesterol/Lipid testing
- Diabetes testing
- Genetic testing
- Hemoglobin level assessment
- Hepatitis A virus testing
- Hepatitis C virus testing
- Human immunodeficiency virus (HIV) testing
- Sexually transmitted infection testing
- Syphilis
- Tuberculosis testing

*ACOG defines “high risk” as family history, lifestyle, weight, ethnicity, sexually active, and born in country with high prevalence.*

### AGES 19-39

<table>
<thead>
<tr>
<th>Periodic Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chlamydia and gonorrhea testing</strong> (if 24 years and younger and sexually active) **</td>
</tr>
</tbody>
</table>

**High-risk Groups**
- Colorectal cancer screening
- Cholesterol/Lipid testing
- Diabetes testing
- Genetic testing/counseling/assessment for risk of congenital anomalies
- Genetic testing/counseling: Fragile X, Tay-Sachs disease
- Hemoglobin level assessment
- Hepatitis A virus testing
- Hepatitis C virus testing
- Human immunodeficiency virus (HIV) testing (if sexually active)
- Thyroid stimulating hormone testing
- Tuberculosis testing

### AGES 40-64

<table>
<thead>
<tr>
<th>Periodic Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Colorectal cancer screening beginning at age 50</strong> **</td>
</tr>
<tr>
<td><strong>Chlamydia and gonorrhea testing</strong> (if sexually active) **</td>
</tr>
<tr>
<td><strong>Genetic testing/counseling: SMA, CF and assessment for risk of hemoglobinopathy (for women considering pregnancy)</strong> **</td>
</tr>
<tr>
<td><strong>Hepatitis C virus one-time testing if born 1945-1965</strong> **</td>
</tr>
</tbody>
</table>

**High-risk Groups**
- Bone mineral density screening
- Colorectal cancer screening
- Diabetes testing
- Genetic testing/counseling: Fragile X, Tay-Sachs disease
- Hemoglobin level assessment
- Sexually transmitted infection testing
- Syphilis

### AGES 65+

<table>
<thead>
<tr>
<th>Periodic Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Colorectal cancer screening up to age 70, then aged 76-85 based on patient’s overall health and prior screening results</strong> **</td>
</tr>
<tr>
<td><strong>Chlamydia and gonorrhea testing</strong> (if sexually active) **</td>
</tr>
<tr>
<td><strong>Genetic testing/counseling: Fragile X, Tay-Sachs disease</strong> **</td>
</tr>
<tr>
<td><strong>Hepatitis C virus one-time testing if born 1945-1965</strong> **</td>
</tr>
</tbody>
</table>

**High-risk Groups**
- Bone mineral density screening
- Colorectal cancer screening
- Diabetes testing
- Genetic testing/counseling: Fragile X, Tay-Sachs disease
- Hemoglobin level assessment
- Sexually transmitted infection testing
- Syphilis
- Thyroid stimulating hormone testing

*ACOG defines “high risk” for women as family history, lifestyle, weight, ethnicity, sexually active, and born in country with high prevalence.*

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**Where Do You Fit In?**

- **Women**
- **Medical History**
- **Family History**
- **Weight**
- **Ethnicity**
- **Sexual Activity**
- **Country of Birth**

**ACOG** defines “high risk” as family history, lifestyle, weight, ethnicity, sexually active, and born in country with high prevalence.