Women's screenings & vaccinations

AGE 21-29

PAP test:
Every 3 years if you have a cervix

Chlamydia test:
Yearly through age 24 if sexually active or pregnant

Flu vaccine:
Every year

Tdap vaccine:
Every 10 years

HPV vaccine:
2-3 shots before age 27; age 27-29, discuss with your provider

Meningococcal B vaccines:
Discuss with your provider

AGE 30-39

PAP/HPV test:
Every 5 years if you have a cervix

Flu vaccine:
Every year

Tdap vaccine:
Every 10 years

HPV vaccine:
Discuss with your provider

AGE 40-49

PAP/HPV test:
Every 5 years if you have a cervix

Mammogram:
Every 1-2 years

Colorectal cancer screening:
Discuss with provider starting at age 45

Flu vaccine:
Every year

Tdap vaccine:
Every 10 years

HPV vaccine:
Age 40-45, discuss with your provider

AGE 50-64

PAP/HPV test:
Every 5 years if you have a cervix

Mammogram:
Every 1-2 years

Colorectal cancer screening

Bone density test:
Discuss with provider if at risk

Lung cancer screening:
Discuss with your provider

Glaucoma screening:
Every 2 years starting at age 60

Flu vaccine:
Every year

Pneumonia vaccine:
Starting at age 50

RSV vaccine:
Starting at age 60

Shingles vaccines:
Generally, 2 vaccines 2-6 months apart

Tdap vaccine:
Every 10 years

AGE 65+

Annual wellness visit:
Every year

Mammogram:
Every 1-2 years through age 74

Colorectal cancer screening

Bone density test:
At least once

Lung cancer screening:
Discuss with your provider

Glaucoma screening:
Every 2 years

Flu vaccine:
Every year

RSV vaccine:
Discuss with your provider

Pneumonia and shingles vaccines:
If you haven't already had them

Tdap vaccine:
Every 10 years

ALL AGES

Every year: talk with your health care provider about:

- Blood pressure and cholesterol screening
- COVID-19 vaccination
- STI testing (chlamydia, gonorrhea, syphilis)
- Diabetes screening
- Depression/anxiety screening
- HIV testing

Once:
Hepatitis C screening is recommended once for every adult age 18 to 79 years.

To schedule a screening or vaccination at the MNPS Health Care Centers, call 615-259-8755 or visit MNPSHealth.org/schedule.