

# 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 men – 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)<br>Recommend biennial (55 and older or have opportunity to continue annually)<br>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.<br>Every 3 or 5 years, depending on tests chosen (age 30–65)   |  |  |                                     | Not recommended for those with prior adequate screening (age 66 and older) |                                    |
| <b>Colon Cancer</b>                    | Not recommended (age 18–44)   |   | Recommended.<br>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>Sexually Transmitted Infections</b> | Recommended. Test for gonorrhea and chlamydia (age 18–24).<br>Talk with your provider about syphilis testing. | Recommended for some women, talk with your provider about testing for gonorrhea, chlamydia, and syphilis (age 25 and older) |  |  |                                     |  |                                    |
|  |   | Recommended for all pregnant Veterans, early screening for syphilis infection, 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 18–39)  |             | Talk with your provider (age 40–59)                                     |             | Not recommended (age 60 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) |             |             |             |             |             |                    |
| <b>Overweight &amp; Obesity</b>           | Recommended every year (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><br>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>Respiratory Syncytial Virus (RSV) RSV vaccine</b>                        | <b>Pregnant Veterans</b> are recommended to receive a one-time (single lifetime) RSV Abrysvo® vaccine between 32–36 weeks gestation during RSV season  |                                     |             |  | “One time” (single lifetime) dose recommended for some women – talk with your provider (age 60–74) |             | “One time” (single lifetime) dose recommended for women age 75 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)   |                                     |             |  |  |             |  |

Current evidence is based on birth sex. Because there is limited research on transgender and gender-diverse people, VA recommends talking with your health care provider for individualized clinical preventive services to achieve optimal health and well-being. See <https://www.patientcare.va.gov/LGBT/>

To view a copy on your mobile device, scan the QR code or visit:

[https://www.prevention.va.gov/Healthy\\_Living/Get\\_Recommended\\_Screening\\_Tests\\_and\\_Immunizations\\_for\\_Women.asp](https://www.prevention.va.gov/Healthy_Living/Get_Recommended_Screening_Tests_and_Immunizations_for_Women.asp)



Talk with your health care team during your next appointment to ensure you are up to date on your preventive care.



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