



WOMEN'S HEALTH

Empower your
health through
wellness



labcorp

Learn more



For more information about which preventive services are covered by the Affordable Care Act, visit [HealthCare.gov](https://www.healthcare.gov). Contact your insurance provider to find out specifics about what is covered by your individual plan.⁹

Labcorp Patient™ portal allows patients to access lab results. A mobile app is also available for download.



References

1. 2021 Recommendations for Well-Woman Care Clinical Summary Tables. Women's Preventive Services Initiative. Available at <https://www.womenspreventivehealth.org/wellwomanchart/>. Accessed December 3, 2020.
2. 2021 Recommendations for Well-Woman Care – A Well-Woman Chart. Women's Preventive Services Initiative. Available at <https://www.womenspreventivehealth.org/wellwomanchart/>. Accessed December 3, 2020.
3. Cervical Cancer Screening (Update). The American College of Obstetricians and Gynecologists. <https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2018/08/cervical-cancer-screening-update>. Accessed December 11, 2020.
4. Carrier screening in the age of genomic medicine. Committee Opinion No. 690. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2017;129:e35–40.
5. Sexually Transmitted Diseases (STDs). Centers for Disease Control and Prevention. Available at <https://www.cdc.gov/std/prevention/screeningreccs.htm>. Accessed December 14, 2020.
6. US Preventative Services Task Force. Screening for thyroid dysfunction: Recommendation statement. *Am Fam Physician*. 2015;91(11):790A-F.
7. Centers for Disease Control and Prevention. Syphilis – CDC Fact Sheet (Detailed). Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2017. <https://www.cdc.gov/std/syphilis/stdfact-syphilis-detailed.htm>; last updated: February 13, 2017. Accessed July 31, 2020.
8. US Department of Health and Human Services. Get Your Well-Woman Visit Every Year. <https://health.gov/myhealthfinder/topics/everyday-healthy-living/sexual-health/get-your-well-woman-visit-every-year>. Accessed July 16, 2021.
9. Preventive care benefits for women. <https://www.healthcare.gov/preventive-care-women/>. Accessed July 19, 2021.
10. US Preventative Services Task Force. Screening for Colorectal Cancer. *JAMA*. 2021;325(19):1965-1977. doi:10.1001/jama.2021.6238. Corrected on August 24, 2021.





Help your health grow.

Staying healthy doesn't need to be difficult. Managing your health through a well-woman visit (annual exam) with your healthcare provider is a simple way to stay healthy.

A well-woman visit focuses on preventive care and can be one of the most important things you can do for your health.⁸ During your visit, your healthcare provider may recommend screenings and testing based on your age and risk factors. These can provide valuable information to you and your healthcare provider, finding certain diseases before they become severe and helping you to maintain your health.



Wellness can grow at every

AGE: 13-18



Routine Screening

- **Chlamydia and gonorrhea^{1,5}:** Ages 13-24 annually
- **HIV^{1,5}:** Ages 15-18: Test at least once and retest annually if at increased risk
- **Lipid¹:** Ages 18-21: Once

Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- Diabetes: with previous gestational diabetes, every three years for at least 10 years after pregnancy¹
- Hepatitis B¹
- Syphilis^{1,7}
- Tuberculosis¹



Talk to your healthcare provider about what screening and testing is right for you.

Routine Screening

- **Cervical cancer:** every three years with Pap smear or every five years with high-risk HPV testing or co-testing every five years
- **Chlamydia and gonorrhea:** Ages 25 and older, at least once, and younger and sexually active^{1,5} if at increased risk
- **HIV^{1,5}:** Ages 13-64: Test at least once and retest annually if at increased risk
- **Hepatitis C:** Ages 19-35: Once
- **Lipid¹:** Ages 20 and older, at least once
- **Genetic testing:** Considered if you have a family history of a genetic condition

Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- Diabetes: with previous gestational diabetes, every three years for at least 10 years after pregnancy¹
- Hereditary hemochromatosis¹
- Syphilis^{1,7}
- Thyroid stimulating hormone (TSH) testing for women⁶
- Tuberculosis¹
- Hepatitis B¹

AGE: 65+



Routine Screening

- **Colorectal cancer:** Up to age 75. Ages 76-85: based on patient's overall health^{1,2,3}
- **Cervical cancer**^{1,3}: Ages 30-65: Screen every three years with cytology alone, every five years with high-risk HPV testing alone or co-testing every five years. Ages 19-35, 66 and older: Discontinue in women with evidence of adequate prior screening³
- **Lipid:** once every five years up to 75 years of age¹
- **Diabetes:** if overweight or obese every three years¹
- **Hepatitis C screening:** Ages 18-79: Once
Ages 19-35: Repeat screening for high risk¹
- **Chlamydia and gonorrhea**^{1,5}: Annual screening if at increased risk

Screenings that may be ordered if you are symptomatic or at high risk for certain diseases:

- Hereditary cancer genetic testing¹
- HIV^{1,2,5}
- Syphilis^{1,7}
- Thyroid stimulating hormone in symptomatic women⁶
- Tuberculosis¹
- Hepatitis B¹