



Recommended Health Screenings

The Centers for Disease Control and Prevention (CDC), U.S. Preventive Services Task Force (USPSTF), and the American College of Obstetricians & Gynecologists (ACOG) recommend health screenings based on your age and health history. Check with your primary care physician or reproductive health provider to learn more.

Cervical Cancer Screening¹

If you are 21 - 29 years old

- You should start getting Pap tests at age 21.
- You should get a Pap test every 3 years unless your doctor tells you differently.

If you are 30-65 years old

You have a few options:

- Get an **HPV test only** every 5 years
- Get an **HPV test with a Pap test** every 5 years
- Get a **Pap test only** every 3 years

If you are over 65, Your doctor may tell you that you don't need to be screened anymore unless you have had abnormal HPV or Pap tests.

Breast Cancer Screening^{2,3}

If you are 40-74 years old and at average risk for breast cancer

- Get a mammogram every 1 - 2 years

HIV and Sexually Transmitted Infection (STI) Testing^{4, 5,6}

If you are...

- **13 to 64 years** you should be tested at least once for HIV.
- **Sexually active and younger than 25** you should be tested for gonorrhea and chlamydia every year.
- **25 years or older with risk factors like having new partners, multiple partners, or a partner who has an STI** you should be tested for gonorrhea and chlamydia every year.
- **Pregnant** you should be tested for chlamydia, gonorrhea, syphilis, HIV, hepatitis B, and hepatitis C starting early in pregnancy. Repeat testing may be needed in some cases.
- **Someone who shares injection drug equipment** you should get tested for HIV at least once a year.
- **Someone who has had oral or anal sex** - you should talk with your healthcare provider about throat and rectal testing options.
- **If you have multiple partners, share injection drug equipment, take medicine that suppresses the immune system, are a man who has sex with men, are exposed to body fluids, have HIV or hepatitis C, or live with someone infected with hepatitis B** additional screening may be recommended. Talk to your healthcare provider to see which tests are best for you.

Visit <https://gettested.cdc.gov/> to learn more about STIs and find a testing site near you.

References: 1. <https://www.cdc.gov/cervical-cancer/screening/index.html> 2. <https://www.cdc.gov/breast-cancer/screening/index.html>
3. <https://www.acog.org/clinical/clinical-guidance/practice-bulletin/articles/2017/07/breast-cancer-risk-assessment-and-screening-in-average-risk-women>
4. <https://www.cdc.gov/sti/testing/index.html> 5. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/>
6. <https://www.acog.org/womens-health/faqs/protecting-yourself-against-hepatitis-b-and-hepatitis-c>