



UNIVERSITY OF COLORADO
HOSPITAL



Women's Integrated
Services in Health

Screening Packages

Age 20 is the time to begin yearly check-ups including the Pap Smear to detect cervical cancer.

WHAT YOU NEED

- First Pap Smear (Or 3 years after becoming sexually active)
- Annual Check-up w/ Breast & Pelvic Exam
- First Cholesterol/Lipid Panel
- Tetanus Booster (Every 10 years)
- Blood Pressure Check

20s

Age	21	22	23	24	25	26	27	28	29
Annual Pap Smear (Or 3 years after becoming sexually active)	■	■	■	■	■	■	■	■	■
Annual Check-up w/Breast & Pelvic Exam (Looking for breast abnormalities or lumps that be cancerous)	■	■	■	■	■	■	■	■	■
Annual Blood Pressure Check (Looking for signs of heart disease)	■	■	■	■	■	■	■	■	■
Oral Health – Dental/Oral Exam (1-2 times every year)	■	■	■	■	■	■	■	■	■
Cholesterol/Lipid Panel (Every 3 years) (Screening for high cholesterol that increases the risk of heart attack & stroke)			■			■			■
Skin Health (Every 3 years, starting at age 20)			■			■			■
Eye and Ear Health (Every 2 years)		■		■		■		■	
Tetanus/Diphtheria Booster Vaccine (Every 10 years)	■								
General Health (Full check-up including weight & height), Cancer Screening, Mental Health (Depression Screening), Health Behavior Assessment, Bone Health, Diabetes, Immunizations (Influenza vaccine)	Discuss with your health care provider								