



UNIVERSITY OF COLORADO  
HOSPITAL



Women's Integrated  
Services in Health

## Screening Packages

At age 30, remember to take care of yourself.

Don't put off your annual check-up.

### WHAT YOU NEED

- Cholesterol/Lipid Panel
- Tetanus Booster (Every 10 years)
- Blood Pressure Check (Heart/kidney disease, Stroke)
- Eye Exam w/Eye Dilation (Glaucoma & Cataracts)
- Complete Skin Exam (Every 3 years)

30s

Age	31	32	33	34	35	36	37	38	39
Annual Pap Smear (Or 3 years after becoming sexually active)	■	■	■	■	■	■	■	■	■
Annual Checkup 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)		■			■				■
Eye and Ear Health (Every 2 years)		■		■		■		■	
Tetanus/Diphtheria Booster Vaccine (Every 10 years)	■								
Thyroid Screening (Every 3-5 years, starting at age 35) (Looking for signs of hypertension)					■				
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