

Women's screenings & vaccinations

**AGE
21-29**

**AGE
30-39**

**AGE
40-49**

**AGE
50-64**

**AGE
65+**

PAP test:

Every 3 years if you have a cervix

Chlamydia test:

Yearly through age 24 if sexually active or pregnant

Flu vaccine:

Every year

Tdap vaccine:

Every 10 years

HPV vaccine:

2-3 shots before age 27; age 27-29, discuss with your provider

Meningococcal B vaccines:

Discuss with your provider

PAP/HPV test:

Every 5 years if you have a cervix

Flu vaccine:

Every year

Tdap vaccine:

Every 10 years

HPV vaccine:

Discuss with your provider

PAP/HPV test:

Every 5 years if you have a cervix

Mammogram:

Every 1-2 years

Colorectal cancer screening:

Discuss with provider starting at age 45

Flu vaccine:

Every year

Tdap vaccine:

Every 10 years

HPV vaccine:

Age 40-45, discuss with your provider

PAP/HPV test:

Every 5 years if you have a cervix

Mammogram:

Every 1-2 years

Colorectal cancer screening

Bone density test:

Discuss with provider if at risk

Lung cancer screening:

Discuss with your provider

Glaucoma screening:

Every 2 years starting at age 60

Flu vaccine:

Every year

RSV vaccine:

Starting at age 60; discuss with your provider

Tdap vaccine:

Every 10 years

Shingles vaccines:

Generally, 2 vaccines 2-6 months apart

Annual wellness visit:

Every year

Mammogram:

Every 1-2 years through age 74

Colorectal cancer screening

Bone density test:

At least once

Glaucoma screening:

Every 2 years

Flu vaccine:

Every year

RSV vaccine:

Discuss with your provider

Tdap vaccine:

Every 10 years

Shingles vaccines:

If you haven't already had them

Pneumonia vaccines:

Discuss with your provider

ALL AGES

Every year — Talk with your health care provider every year about:

- Blood pressure and cholesterol screening
- COVID-19 vaccination
- STI testing (chlamydia, gonorrhea, syphilis)
- Diabetes screening
- Depression/anxiety screening
- HIV testing

Once — Hepatitis C screening is recommended once for every adult age 18 to 79 years.

To schedule a screening or vaccination at the MNPS Health Care Centers, call 615-259-8755 or visit [MNPSHealth.org/schedule](https://www.mnpshealth.org/schedule).