

# Health Screenings by age

Staying on top of your health shouldn't feel like guesswork, so we've made it simple to stay proactive.

## In your 20's

### FREQUENCY OF TESTS:

Cervical cancer screenings  
HPV screenings

Pap smear every 3 years

## In your 30's

### FREQUENCY OF TESTS:

Pre-diabetes and type-2 diabetes test

Every 3 years

## In your 40's

### FREQUENCY OF TESTS:

Mammogram

Annually

Colonoscopy

Every 10 years

Cholesterol test

Every 4 to 6 years

Skin cancer screening

Annually

Hypertension test

Annually

## In your 50's

### FREQUENCY OF TESTS:

Lung cancer screening

For adults aged 50–80 with a 20 pack-year smoking history who currently smoke or have quit within the past 15 years.

Annually

## In your 60's

### FREQUENCY OF TESTS:

Osteoporosis and bone density screening

Postmenopausal women under 65 should be screened if a validated risk tool indicates elevated fracture risk.

Every 1 to 5 years

## Women of all ages

### FREQUENCY OF TESTS:

BRCA genetic risk assessment

Women with personal or family history of breast, ovarian, tubal, or peritoneal cancer — or Ashkenazi Jewish ancestry.

Once to determine risk

Hypertension test

Annually

Mental health assessments

Periodically, but recommended annually

STI, STD's and HIV tests

Periodically, but recommended annually if at risk

Intimate Partner Violence evaluations

Periodically at preventative visits

Alcohol abuse or unhealthy use

Periodically at preventative visits

Obesity

Annually

Please be aware that your benefits can vary by plan and plan year. Please refer to your Summary of Benefits and Coverage (SBC) and other plan documents for the current plan year at [hioscar.com/forms](https://hioscar.com/forms) for additional information.

The screening guidelines provided are based on the latest medical standards for individuals at average risk. Factors such as family history, genetic risk, and existing medical conditions can significantly change the frequency and timing of these tests. This information is for educational purposes only and does not replace professional medical advice. Always consult with your primary doctor or specialist to determine the screening schedule that is right for you.

<https://www.uspreventiveservicestaskforce.org/uspstf/>  
<https://www.cdc.gov/cholesterol/testing/index.html>  
<https://cancerblog.mayoclinic.org/2024/07/11/who-should-be-screened-for-skin-cancer/>

