How often should I be screened for cervical cancer?

The short answer: Pap smears are recommended every three years for those between 21 and 65 years old. But if you’re 30 to 65 years old, you can choose to get tested for human papillomavirus (HPV) every five years. HPV is the most common cause of cervical cancer. Talk to your doctor about what’s best for you.
Ask yourself these questions

When did I get my last mammogram?

Women ages 40 to 74 should get a mammogram every one to two years, even if you do not have a family history of breast cancer.

Am I protecting myself from chlamydia by knowing when I need to be tested?

If you’re sexually active—even if you’re in a committed, monogamous relationship—you should be tested every year for chlamydia. You should get tested even if you’re on birth control, have been tested for STDs or pregnancy, and receive Pap smears regularly.

Are my family and I protecting ourselves by staying up to date on our vaccinations?

Growing families should protect themselves with vaccinations through all stages of life. Stay up-to-date on your vaccines to protect yourself and others around you who may be at risk—especially babies! Talk to your doctor about what other vaccines you might need.

Do I need to be screened for colon cancer?

Colon cancer screening should start at age 50 and occur every ten years or sooner based on your risk for colon cancer until age 75. Other screening options are available. Talk to your doctor about which option is best for you.

Schedule Your Needed Screenings Today

As a woman, you have unique healthcare needs. To stay healthy, you should make regular screenings a priority. In addition to a yearly preventive exam, talk to your doctor about other recommendations and your risk factors.

If you need help finding a doctor or making an appointment, call SelectHealth Member Advocates at 800-515-2220. Questions? We can help you understand your benefits. Call Member Services at 800-538-5038 weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m. SelectHealth Community Care members, please call 855-442-3234.