

Your well-woman visit *seventy-five & beyond*

RECOMMENDED FOR EVERYONE YOUR AGE IF THIS APPLIES TO YOU

What to expect at your visit

GENERAL HEALTH

- Blood pressure check
- Depression & anxiety screening
- Alcohol, tobacco & substance-use screening
- Height, weight & BMI
- Fall-prevention check
- Bone-density (osteoporosis) scan
- Bladder-control (incontinence) screening
- Safe-relationship & violence check

SEXUAL & REPRODUCTIVE HEALTH

- Hepatitis C test
at least once, through age 80

CANCER SCREENING

Routine breast, cervical and colorectal cancer screening is generally **not continued past age 75**. Whether to continue is an individual decision — we'll weigh your health, life expectancy and preferences together.

Vaccines for your age

ROUTINE FOR THIS AGE

- COVID-19
at least 2 doses
- Flu
every year
- Td/Tdap booster
every 10 years
- Shingles
2 doses
- Pneumococcal
age 65+
- RSV
all adults 75+

If this applies to you — care

- Lung cancer screening
heavy smoker, through age 80
- Diabetes (blood sugar) screening
if overweight with risk
- TB testing
if at higher risk

If this applies to you — vaccines

- Hepatitis B
with risk factors
- Hepatitis A; MMR or chickenpox
if not immune / at risk
- Meningococcal, mpox
if at higher risk