oklahoma women's health collective

SCREENED + SEEN

your guide to preventative screenings, early detection, and advocating for your health.

WELCOME

This resource is one small piece of a much larger mission. The Oklahoma Women's Health Collective was created to make trusted women's health education more accessible, approachable, and empowering—because understanding your health should not feel confusing, overwhelming, or out of reach.

We believe productive healthcare conversations start with better information, practical tools, and the confidence to ask questions, notice patterns, and advocate for yourself. Whether through educational resources, community events, or provider partnerships, our goal is to help women feel more informed, more supported, and less alone in navigating their health.

This preventive screening guide was created as an educational wellness tool to support awareness, reflection, and more productive conversations with your healthcare team. The information included is based on the most recent Women's Preventive Services Initiative (WPSI) Well-Woman recommendations; however, preventive care guidelines are subject to change, and screening needs are unique to every woman based on her personal health history, family history, risk factors, symptoms, life stage, and individual circumstances.

This resource is for educational purposes only and is not intended to diagnose, treat, prevent, or cure any condition, nor should it replace personalized medical advice, diagnosis, or treatment from a licensed healthcare professional. For questions about your individual health, symptoms, screenings, or care plan, please consult your healthcare provider.

You deserve clear information, thoughtful support, and a place where your questions belong.

We are so glad you're here.

Oklahoma Women's Health Collective

preventative screenings

for women by age group

preventive care helps identify health risks early. not every screening is needed every year, but your annual visit is the best time to review what is recommended.

Age Group	Recommended Screenings
Teens: 13–17	Annual wellness visit; blood pressure; mental health screening; substance/tobacco/alcohol screening; vaccine review, including HPV; menstrual health review; STI screening if sexually active
18–21	Annual wellness visit; blood pressure; mental health screening; contraception care if desired; STI screening based on sexual activity/risk; HIV screening; vaccine review; cervical cancer screening begins at 21
22–39	Annual wellness visit; blood pressure; mental health screening; cervical cancer screening; contraception or pregnancy planning; STI screening based on age/risk; HIV and hepatitis C screening at least once; diabetes/cholesterol screening if risk factors are present
40–49	Annual wellness visit; blood pressure; mental health screening; cervical cancer screening; mammogram beginning at 40; colorectal cancer screening beginning at 45; diabetes/cholesterol screening; cardiovascular risk review
50–64	Annual wellness visit; blood pressure; mental health screening; mammogram; colorectal cancer screening; cervical cancer screening through 65 if eligible; diabetes/cholesterol screening; bone health risk review; lung cancer screening if smoking history qualifies; shingles vaccine starting at 50
65–75	Annual wellness visit; blood pressure; mental health screening; fall risk review; bone density screening; mammogram through 74; colorectal cancer screening through 75; vaccine review, including shingles, pneumococcal, flu, COVID, and RSV when appropriate
Over 75	Annual wellness visit; blood pressure; mental health screening; fall risk review; vaccine review; breast, colorectal, and lung cancer screening individualized based on health, risk, and preferences

**This guide is based on preventive care recommendations for average-risk women. Your provider may recommend earlier, more frequent, or additional screening based on your personal history, family history, pregnancy status, symptoms, or risk factors.*

what do these screenings mean

a testing + screening index

★General Health Screenings

- ☐ **Annual Wellness Visit:** A yearly visit to review health history, medications, vaccines, lifestyle, reproductive health, mental health, and recommended screenings.
- ☐ **Blood Pressure Screening:** A quick arm-cuff reading to check for high blood pressure, which can increase the risk of heart disease, stroke, kidney disease, and pregnancy complications.
- ☐ **Weight/BMI Screening:** A height and weight check used to assess risk for obesity-related conditions such as diabetes, high blood pressure, and heart disease.
- ☐ **Mental Health Screening:** Brief questions about depression, anxiety, stress, safety, and emotional well-being.
- ☐ **Substance, Tobacco, + Alcohol Screening:** Questions about nicotine, alcohol, cannabis, prescription misuse, or other substance use, with counseling or treatment support if needed.
- ☐ **Intimate Partner Violence Screening:** Private questions about emotional, physical, or sexual abuse, safety, or controlling behavior in a relationship.
- ☐ **Urinary Incontinence Screening:** Questions about urine leakage, urgency, frequency, or postpartum bladder symptoms.
- ☐ **Fall Risk Screening:** Review of balance, falls, medications, vision, strength, and home safety, especially for older adults.

★Heart + Metabolic Health

- ☐ **Diabetes Screening:** Blood testing such as A1C, fasting glucose, or glucose tolerance testing.
- ☐ **Cholesterol/Lipid Screening:** A blood test that helps estimate risk for heart disease and stroke.
- ☐ **Cardiovascular Risk Review:** A review of blood pressure, cholesterol, diabetes risk, smoking, family history, and lifestyle.
- ☐ **Statin Medication Assessment:** A discussion about whether cholesterol-lowering medication may reduce heart disease risk in patients with certain risk factors.
- ☐ **Healthy Diet/Physical Activity Counseling:** Nutrition and exercise counseling, especially for patients with cardiovascular risk factors.

★Reproductive + Sexual Health

- ☐ **Contraception Care:** Counseling about birth control options, pregnancy prevention, menstrual control, and reproductive goals.
- ☐ **Folic Acid Counseling:** Recommendation for folic acid supplementation for people who are sexually active and capable of pregnancy.
- ☐ **STI Screening:** Testing for infections such as chlamydia, gonorrhea, syphilis, HIV, hepatitis B, or hepatitis C based on age, pregnancy status, symptoms, or risk.
- ☐ **HIV Screening:** A blood or oral test to check for HIV.
- ☐ **Hepatitis C Screening:** A blood test recommended at least once for many adults, with repeat testing based on risk.
- ☐ **Hepatitis B Screening:** A blood test for hepatitis B infection, usually based on risk factors, pregnancy status, country of birth, exposure history, or vaccination history.

★Cancer Screenings

- ☐ **Cervical Cancer Screening:** Pap testing and/or HPV testing to detect cervical precancer or cancer.
- ☐ **Breast Cancer Screening:** Mammography to screen for breast cancer.
- ☐ **Colorectal Cancer Screening:** Testing for colon and rectal cancer or precancerous polyps.
- ☐ **Lung Cancer Screening:** A low-dose CT scan for people with a qualifying smoking history.
- ☐ **BRCA 1/2 Risk Assessment:** Review of personal and family history to determine whether genetic counseling or testing may be helpful.
- ☐ **Skin Cancer Counseling:** Counseling on sun protection for patients with risk factors such as fair skin, light hair or eyes, freckles, or easy sunburn.

★Bone + Aging Health

- ☐ **Bone Density Screening:** A DEXA scan to evaluate bone strength and osteoporosis risk.
- ☐ **Vision, Hearing, Memory, + Mobility Review:** Age-based review of changes that may affect safety, independence, driving, falls, or daily function.

★Pregnancy + Postpartum

- ☐ Anxiety and depression screening
- ☐ Blood pressure screening for hypertensive disorders of pregnancy
- ☐ Diabetes screening
- ☐ HIV, hepatitis B, syphilis, chlamydia, and gonorrhea screening
- ☐ Urine testing for bacteriuria
- ☐ Rh blood typing
- ☐ Breastfeeding support
- ☐ Contraception counseling
- ☐ Tobacco, alcohol, and substance use screening
- ☐ Intimate partner violence screening

earlier screenings based on risk

some people need earlier or more frequent screening

tell your provider if you have:

Risk Factor	Screening That May Change
Strong family history of breast, ovarian, colon, pancreatic, or prostate cancer	Breast cancer screening, colorectal screening, BRCA/genetic risk assessment
Prior abnormal Pap or HPV test	Cervical cancer screening schedule
History of gestational diabetes	Diabetes screening
Smoking history	Lung cancer screening, cardiovascular risk review
High blood pressure, high cholesterol, diabetes, or obesity	Heart disease, diabetes, kidney, and cholesterol screening
Early menopause, low body weight, smoking, steroid use, or prior fracture	Bone density screening
New or multiple sexual partners	STI screening
Pregnancy or planning pregnancy	Pregnancy-specific screening, folic acid, vaccine review
Immunosuppression or chronic medical conditions	Cancer screening, infection screening, vaccine timing

questions for your provider

if you aren't sure what you need

your health changes over time — your screening plan should too. bring this guide to your next visit and ask: "what preventive screenings are right for me this year?"

- ☐ What screenings do I need this year?
- ☐ Are any of my screenings overdue?
- ☐ Do my family history or personal risk factors change when I should start screening?
- ☐ How often do I need Pap/HPV testing, mammograms, colon cancer screening, or bloodwork?
- ☐ Would you suggest any vaccines?
- ☐ What numbers should I know — blood pressure, cholesterol, A1C, BMI, or bone density?
- ☐ What symptoms should I not ignore?
- ☐ When should I schedule my next preventive visit?

visit notes: