



# Recommended **Tests** and **Screenings** Guide



These are guidelines only. Your healthcare provider will personalize the timing of each test to meet your specific healthcare needs.

	<b>What Does This Test/ Screening Measure?</b>	<b>Why Is It Necessary?</b>	<b>Interpreting Your Results/ Reference Ranges</b>
<b>General Health</b>			
<b>Full Checkup</b>	A well-woman visit* is a yearly preventive checkup with your healthcare provider.	Your annual checkup is the time to review your overall health and discuss with your healthcare provider what changes you can make to reach your health goals.	Discuss with your healthcare provider any health concerns, and develop a wellness plan if health improvements are necessary.
<b>Sleep Habits</b>	Talk to your healthcare provider about your sleep habits to see if your sleep can be improved, which will lead to improvements in your overall health.	Adequate, quality sleep is essential to your overall health. Your body needs time every day to rest and heal.	If you are having sleep problems, your healthcare provider will make recommendations to make sure you are getting the adequate rest your body needs to stay healthy.
<b>Thyroid-Stimulating Hormone (TSH) Test</b>	The TSH test evaluates thyroid function and/or symptoms of a thyroid disorder, including hyperthyroidism or hypothyroidism.	The thyroid hormone controls your body's metabolism in many ways, including how fast you burn calories and how fast your heart beats. Blood tests for thyroid function are an important part of the process for diagnosing thyroid disease and treating thyroid conditions.	A normal range for TSH in most laboratories is 0.4 mU/L - 4.0 mU/L. Your healthcare provider may order more tests depending on your TSH result.
<b>HIV Screening</b>	HIV (human immunodeficiency virus) causes AIDS (acquired immunodeficiency syndrome). HIV progressively destroys the body's ability to fight infections and certain cancers. HIV tests may look for HIV antigen (part of the virus) or for HIV antibodies (produced by the person's body), or they may look for both. Newer testing strategies often use a combination antigen/ antibody test.	Some women with HIV don't know they have it, because HIV may not cause symptoms for several years. Even if HIV causes no symptoms, it is still causing problems with your body's immune system that need to be treated as soon as possible. If you have HIV, starting treatment early with antiviral drugs may help you live decades longer and lower the risk of passing HIV to your partners.	The recommended screening test for HIV is a combination HIV antibody and antigen test. It is available only as a blood test. It detects the HIV antigen called p24 plus antibodies to HIV-1 and HIV-2.
<b>Hepatitis C Virus (HCV) Screening</b>	Hepatitis C tests are used to screen for and diagnose a hepatitis C virus (HCV) infection, to guide therapy and/or to monitor the treatment of an HCV infection.	Hepatitis C can cause both acute and chronic infections that can be spread to others. Most people with hepatitis C don't have any symptoms. This means you might have the infection without knowing it. If left untreated, HCV can lead to serious health problems such as scarring of the liver, liver cancer and liver failure. There are medicines to treat and sometimes cure hepatitis C.	Your healthcare provider will ask questions about your health history and do a physical exam. They may also order blood tests that look for parts of the virus or antibodies that your body makes in response to the virus. Other tests may measure the amount of the virus in your blood.

\*A yearly well-woman visit won't cost you anything extra if you have health insurance. Most private health plans cover certain preventive care benefits, including a yearly well-woman visit, without charging a co-pay or coinsurance or making you meet your deductible. If you don't have health insurance, you can still see a healthcare provider for free or low-cost at a health center near you.

	<b>What Does This Test/ Screening Measure?</b>	<b>Why Is It Necessary?</b>	<b>Interpreting Your Results/ Reference Ranges</b>
<b>Heart Health</b>			
<b>Blood Pressure Test</b>	<p>Your blood pressure measurement is the systolic rate over the diastolic rate.</p> <p>The top number is the maximum pressure your heart exerts while beating (systolic pressure), and the bottom number is the amount of pressure in your arteries between beats (diastolic pressure).</p> <p>The numeric difference between your systolic and diastolic blood pressure is called your pulse pressure.</p>	<p>High blood pressure often has few symptoms but can lead to heart attack, heart failure, stroke, kidney failure and other health problems.</p>	<p>Normal blood pressure is 120/80 mm HG or lower.</p>
<b>Cholesterol Panel</b>	<p>There are two types of cholesterol: HDL and LDL (high- and low-density lipoprotein). You want high HDL levels and low LDL levels.</p> <p>A complete cholesterol test will also measure your triglycerides, another type of blood fat.</p> <p>Your total cholesterol is your HDL + LDL + 20% of your triglycerides.</p>	<p>High cholesterol can put you at risk for the buildup of plaque on your artery walls. This causes them to thicken or harden (atherosclerosis), which narrows arteries and makes it harder for your heart to pump blood. The plaque can also break off the artery wall and form clots, which can be life-threatening.</p>	<p><b>Desirable Cholesterol Levels:</b></p> <p>Total cholesterol: Less than 200 mg/dL</p> <p>LDL (“bad” cholesterol): Less than 100 mg/dL</p> <p>HDL (“good” cholesterol): 50 mg/dL or higher</p> <p>Triglycerides: Less than 150 mg/dL</p>

	What Does This Test/ Screening Measure?	Why Is It Necessary?	Interpreting Your Results/ Reference Ranges								
<b>Bone Health</b>											
<b>Bone Density Screen</b>	<p>Although bone loss has no noticeable symptoms, you can be screened for low bone density using a special low-dose x-ray test called DEXA.</p>	<p>Bone density loss is inevitable as you age, but you can lessen your risk of developing osteoporosis if you know your bone density score, eat a diet rich in calcium and vitamin D, limit your consumption of alcohol and salty foods, exercise, don't smoke, and prevent falls.</p>	<p>Bone mineral testing compares your bone density to that of a normal, healthy 30-year-old. The result of the test is a T score. The higher your score, the lower your bone density.</p> <p><b>T Score Results:</b>  +1 to -1 Normal  -1 to -2.5 Low bone mass, increased risk for osteoporosis  &lt;-2.5 Osteoporosis</p>								
<b>Diabetes</b>											
<b>Blood Glucose or A1C Test</b>	<p>If you have diabetes, your blood sugar (glucose) levels in your body are too high.</p> <p>Fasting plasma glucose is a blood test that may be done twice to ensure accurate readings.</p> <p>Oral glucose tolerance measures the blood glucose level after a fast and again 2 hours after drinking a glucose-rich beverage.</p> <p>The A1C test measures what percentage of your hemoglobin—a protein in red blood cells that carries oxygen—is coated with sugar (glycated).</p>	<p>Diabetes can cause serious health problems, including heart attack, stroke, blindness, problems during pregnancy and kidney failure. Diabetes is a group of diseases that affect how your body uses blood sugar (glucose). Glucose provides energy for your muscle and tissue cells and is the brain's primary fuel source. There are several types of diabetes, but all types of diabetes leave you with too much glucose in your blood (hyperglycemia).</p> <p>Hyperglycemia can damage your blood vessels and lead to serious health problems, including blindness, kidney disease, amputation and heart disease.</p> <p>People with diabetes are at increased risk for coronary artery disease and have heart disease death rates about two to four times higher than adults who don't have diabetes.</p> <p>Diabetes often goes undiagnosed. Many of the symptoms seem more annoying than harmful. Early detection, however, can decrease your risk of future diabetes-related complications.</p>	<p>A fasting blood glucose level between 100 and 125 mg/dL indicates prediabetes. A person with a fasting blood glucose level of 126 mg/dL or higher has diabetes.</p> <p>Oral glucose tolerance measures the blood glucose level after a fast and again 2 hours after drinking a glucose-rich beverage. If the 2-hour blood glucose level is between 140 and 199 mg/dL, the person tested has prediabetes. If the 2-hour blood glucose level is at 200 mg/dL or higher, the person tested has diabetes.</p> <p>The higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications.</p> <table border="1"> <thead> <tr> <th>A1C Level</th> <th>Diagnosis</th> </tr> </thead> <tbody> <tr> <td>Below 5.7%</td> <td>Normal</td> </tr> <tr> <td>5.7 to 6.4%</td> <td>Prediabetes</td> </tr> <tr> <td>6.5% or above</td> <td>Diabetes</td> </tr> </tbody> </table>	A1C Level	Diagnosis	Below 5.7%	Normal	5.7 to 6.4%	Prediabetes	6.5% or above	Diabetes
A1C Level	Diagnosis										
Below 5.7%	Normal										
5.7 to 6.4%	Prediabetes										
6.5% or above	Diabetes										

**Note: Any test for diagnosis of diabetes requires confirmation with a second measurement unless there are clear symptoms of diabetes.**

	<b>What Does This Test/ Screening Measure?</b>	<b>Why Is It Necessary?</b>	<b>Interpreting Your Results/ Reference Ranges</b>
<b>Breast Health</b>			
<b>Breast Self-Exam (BSE)</b>	Checking your own breasts for lumps or other changes is called a breast self-exam. BSE should not take the place of routine clinical breast exams and mammograms.	Studies so far have not shown that BSE alone helps reduce the number of deaths from breast cancer. Familiarizing yourself with your breasts through BSE can help you identify any changes potentially indicating cancer that you should immediately discuss with your healthcare provider.	Adult women of all ages are encouraged to perform breast self-exams to become familiar with their breasts so they can recognize different types of abnormalities and warning signs, including lumps and physical changes.
<b>Clinical Breast Exam</b>	A clinical breast exam is performed by a healthcare professional at your annual exam to help detect different types of abnormalities and warning signs.  A high-quality mammogram plus a clinical breast exam, is the most effective way to detect breast cancer early.	Clinical breast exams are an important part of early detection.	A clinical breast exam is performed by a healthcare professional who is trained to recognize different types of abnormalities and warning signs, including lumps and physical changes.
<b>Mammogram</b>	A mammogram is a low-dose x-ray exam of the breasts to look for changes that are not normal. The results are recorded on x-ray film or directly into a computer for a healthcare providers called a radiologist to examine.	The best way to find breast cancer early is with a mammogram, a low-dose x-ray of the breasts. Mammograms can sometimes find cancer up to three years before it can be felt.	If you have a screening test result that suggests cancer, your doctor must find out whether it is due to cancer or some other cause. Your doctor may ask about your personal and family medical history. You may have a physical exam. Your doctor also may order some other tests, including a diagnostic mammogram, ultrasound, magnetic resonance imaging (MRI) or biopsy.

**Note: Finding breast cancer early greatly improves a woman's chances for successful treatment.**

	What Does This Test/ Screening Measure?	Why Is It Necessary?	Interpreting Your Results/ Reference Ranges
<b>Reproductive Health</b>			
<b>Pap Test</b>	The Pap test looks for cancers and precancers in the cervix.	Precancers are cell changes that might become cancer if they are not treated the right way. Cell changes can develop on the cervix that can lead to cervical cancer if not found and treated. Cervical cancer can almost always be prevented, and having regular Pap tests is the key.	Your Pap test is reported as normal, inconclusive, or abnormal.  <b>Normal:</b> A normal Pap test means that abnormal cells have not been detected in the sample from your cervix. This means that it is not likely that cervical cancer is present. Since the Pap can miss disease, it is important to have your next Pap when it is due, according to guidelines.  <b>Inconclusive (also called ASCUS):</b> ASCUS stands for atypical squamous cells of undetermined significance. An ASCUS result means that your cells don't look normal but they don't look abnormal either. These results may be referred to as inconclusive.  <b>Abnormal:</b> Abnormal results indicate that cell changes are present. The changes can be mild, moderate or severe. Most women with abnormal cells do not have cancer, but more severe abnormal cells may progress to cancer over time.
<b>Pelvic Exam</b>	A pelvic exam often is part of a routine physical exam to assess your gynecological health.	A pelvic exam is used to find possible signs of ovarian cysts, sexually transmitted infections, uterine fibroids or early-stage cancer.	Your healthcare provider can usually tell you immediately if the pelvic exam revealed anything unusual, and will discuss with you any next steps, additional tests, follow-up or treatment that you need.
<b>Sexually Transmitted Infection (STI) Tests</b>	An STI is an infection passed from one person to another person through sexual contact. STIs are also called sexually transmitted diseases, or STDs. If you are sexually active, talk to your healthcare provider or nurse about STI testing and be sure your partner is also tested.	Each STI causes different health problems for women. Certain types of untreated STIs can cause or lead to: <ul style="list-style-type: none"> <li>■ Problems getting pregnant or permanent infertility</li> <li>■ Problems during pregnancy and health problems for the unborn baby</li> <li>■ Infection in other parts of the body</li> <li>■ Organ damage</li> <li>■ Certain types of cancer, such as cervical cancer</li> <li>■ Death</li> </ul>	Which tests you will need and how often you need to get them will depend on you and your partner's sexual history.  A positive test result means that the condition being tested for was found.

	<b>What Does This Test/ Screening Measure?</b>	<b>Why Is It Necessary?</b>	<b>Interpreting Your Results/ Reference Ranges</b>
<b>Mental Health Screening</b>			
	A mental health assessment is conducted by a healthcare provider to determine if you might have a mental health problem and what type of treatment may help.	Your mental health is very important to your overall health. You will not have a healthy body if you don't also take care of your mind. It's important for you to take care of yourself so that you can do the important things in life—whether it's working, studying, taking care of your family, volunteering, etc.	Your healthcare provider may order bloodwork, a urine test, a brain scan or other tests to rule out a physical condition. Your healthcare provider may also ask questions about drug/alcohol use and your family/personal mental health history.
<b>Colorectal Health</b>			
<b>Fecal Occult Blood Test, Flexible Sigmoidoscopy, Colonoscopy</b>	These tests look for the presence of abnormal cells or polyps that can develop in the colon or rectum. Most polyps are harmless, but some are not. Early detection can help prevent colorectal cancer by finding and then removing polyps.	Colorectal cancer is the second-leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided.	A positive fecal occult blood test result requires follow-up testing. This usually involves direct imaging of the colon and rectum (flexible sigmoidoscopy or colonoscopy).
<b>Eye Health</b>			
<b>Comprehensive Eye Exam</b>	Optometrists and ophthalmologists use a wide variety of tests and procedures to examine your eyes. These tests range from simple ones, like having you read an eye chart, to complex tests, such as using a high-powered lens to visualize the tiny structures inside of your eyes.	Comprehensive eye exams can identify early signs of serious eye problems, such as glaucoma, cataracts, macular degeneration and detached retina.  Your eye doctor can also detect early signs of some serious health problems, such as diabetes, high blood pressure and risk of stroke, based on the appearance of delicate blood vessels and other structures within the eye.	Normal 20/20 visual acuity does not necessarily mean completely normal vision. Some people may suffer from other visual problems, such as color blindness, reduced contrast, or inability to track fast-moving objects, and still have 20/20 visual acuity. Ask your eye doctor to explain each of the test results from your comprehensive eye exam. If your eye doctor recognizes a health concern, he will refer you to your doctor for further evaluation and possible treatment.

	<b>What Does This Test/ Screening Measure?</b>	<b>Why Is It Necessary?</b>	<b>Interpreting Your Results/ Reference Ranges</b>
<b>Ear Health</b>			
<b>Hearing Test</b>	A hearing care professional uses a hearing test to determine whether or not hearing loss is present.	Hearing loss may be an early warning sign or red flag for other health conditions, including cardiovascular disease and diabetes.  In addition, identifying hearing loss and taking steps to improve your hearing can improve your overall quality of life, and can alleviate safety concerns, and societal and familial pressures.	Normal hearing ranges from 0 to 20 dB in all frequencies.
<b>Skin Health</b>			
<b>Skin Exam</b>	Your healthcare provider will closely examine any moles on your skin and will likely biopsy any suspicious-looking growths. In between your annual examinations, you should also complete self-examinations, to watch for any changes to your skin and to assist in early detection of skin cancer so that you can alert your healthcare provider if there are any changes.	Though most moles are harmless, it is important to keep an eye on them in case they develop into abnormal moles, called dysplastic nevi, that can become cancerous.	Skin cancer (melanomas) often appear suddenly and are dark and fast-growing. You should also let your healthcare provider know if you have a mole that is painful, itching, burning, inflamed, oozing or bleeding, as these symptoms can also be a sign of melanoma. When you do your self-examination, make sure you check your entire body, as moles can appear anywhere.
<b>Oral Health</b>			
<b>Dental Cleaning and Exam</b>	Your dentist or dental hygienist can perform an oral health screening of the lips, tongue, teeth, gums, inside of the cheeks and roof of the mouth to identify oral disease, or other oral conditions (for example, delayed tooth eruption or premature tooth loss, abscesses or trauma) and provide guidance for management.	If you don't take care of your teeth and gums, your poor oral hygiene can lead to health problems, including: <ul style="list-style-type: none"> <li>■ Oral and facial pain</li> <li>■ Problems with the heart and other major organs</li> <li>■ Digestion problems</li> </ul> Research shows that more than 90% of diseases involving many organs or the whole body have oral manifestations, including swollen gums, mouth ulcers, dry mouth and excessive gum problems. Such diseases include: <ul style="list-style-type: none"> <li>■ Diabetes</li> <li>■ Leukemia</li> <li>■ Oral cancer</li> <li>■ Pancreatic cancer</li> <li>■ Heart disease</li> <li>■ Kidney disease</li> </ul>	During a dental exam, the dentist or hygienist will: <ul style="list-style-type: none"> <li>■ Evaluate your overall health and oral hygiene</li> <li>■ Evaluate your risk of tooth decay, root decay and gum or bone disease</li> <li>■ Evaluate your need for tooth restoration or tooth replacement</li> </ul> A dental exam can also detect poor nutrition and hygiene, growth and development problems and improper jaw alignment.

	<b>What Does This Vaccination Prevent</b>	<b>Why Is It Necessary?</b>	<b>Interpreting Your Results/ Reference Ranges</b>
<b>Immunizations</b>			
<b>Seasonal Influenza Vaccine</b>	Influenza is a serious disease that can lead to hospitalization and sometimes even death.	Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. The flu vaccine is the single best way to prevent flu, for kids and adults.	<p>A positive flu test means that the affected person most likely has influenza A or B, and treatment with antiviral medication may be prescribed to minimize symptoms.</p> <p>A negative influenza test may mean that the person has something other than influenza, that the test is not detecting the influenza strain, or that there is not sufficient virus in the specimen to allow it to be detected.</p>
<b>Tetanus/Diphtheria/ Pertussis Booster Vaccine (Tdap)</b>	Tdap is a combination vaccine that protects against three potentially life-threatening bacterial diseases: tetanus, diphtheria, and pertussis (whooping cough). Td is a booster vaccine for just tetanus and diphtheria. It does not protect against pertussis.	<p>Tetanus enters the body through a wound or cut. It affects the brain and nervous system and causes extremely painful muscle spasms which can cause “lockjaw.” Tetanus kills one out of five people infected with the disease.</p> <p>Diphtheria is a very contagious infection that makes it difficult to breathe. In severe cases, it can cause heart and nerve damage.</p> <p>Pertussis, or whooping cough, is an extremely contagious respiratory infection that can lead to severe breathing problems. Pertussis first appears like an ordinary cold but then causes intense, uncontrollable coughing spells. A “whoop” noise is heard when the person tries to take a breath after coughing.</p>	<p>Healthcare providers can diagnose tetanus by examining the patient and looking for certain signs and symptoms. There are no hospital lab tests that can confirm tetanus.</p> <p>Healthcare providers usually decide if a person has diphtheria by looking for common signs and symptoms. They can use a swab from the back of the throat and test it for the bacteria that cause diphtheria. Healthcare providers can also take a sample from a skin lesion (like a sore) and try and grow the bacteria to be sure a patient has diphtheria.</p> <p>Healthcare providers commonly use several types of laboratory tests to diagnose pertussis.</p>

	<b>What Does This Vaccination Prevent</b>	<b>Why Is It Necessary?</b>	<b>Interpreting Your Results/ Reference Ranges</b>
<b>Immunizations</b>			
<b>Human Papillomavirus (HPV) Vaccine</b>	HPV is the most common sexually transmitted infection in the United States. Some types of HPV can cause illnesses such as genital warts or cervical cancer.	About 80% of women will get at least one type of HPV at some point in their lifetime. Many women do not know they have HPV because it usually has no symptoms and usually goes away on its own.	Your HPV test is reported as either negative for HPV or positive for HPV. Negative for HPV: A test that is negative for HPV means that no HPV has been found in your cervical cells. Positive for HPV: A test that is positive for HPV means that high-risk HPV, the type of HPV that can cause cervical cancer, has been found in your cervical cells. Some HPV tests can tell you if you have specific types of HPV, in particular HPV 16 or 18. HPV 16 and 18 are responsible for 70% of all cervical cancers. Having HPV does not necessarily mean you have cervical cancer or will get cervical cancer.
<b>Meningococcal Vaccine</b>	The meningococcal vaccine protects against meningitis, a rare but very serious illness.	Meningitis is an inflammation of the three membranes that cover the brain and spinal cord (the meninges). Meningitis strikes quickly and unexpectedly, and deaths can occur in as little as a few hours.	To investigate possible meningitis or encephalitis, healthcare practitioners start with a physical examination and a medical history. This examination may occur in the emergency room as symptoms may suddenly appear and rapidly worsen over several hours to a couple of days. Laboratory tests are performed to detect, identify, evaluate, and monitor meningitis.

	<b>What Does This Vaccination Prevent</b>	<b>Why Is It Necessary?</b>	<b>Interpreting Your Results/ Reference Ranges</b>
<b>Immunizations</b>			
<b>Pneumococcal Vaccine</b>	Pneumococcus is a type of bacterium that causes pneumococcal disease. Pneumococcal infections can range from ear and sinus infections to pneumonia and bloodstream infections.	Pneumococcal vaccines are effective at preventing severe disease and hospitalization. Pneumococcal bacteria spread from person to person by direct contact with respiratory secretions, like saliva or mucus.  Most pneumococcal infections are mild. However, some can be deadly or result in long-term problems, such as brain damage or hearing loss.	If healthcare providers suspect invasive pneumococcal disease, like meningitis or bloodstream infections, they collect samples of cerebrospinal fluid or blood and send them to a laboratory for testing.
<b>Herpes Zoster Vaccine</b>	The herpes zoster vaccine protects against shingles, a disease that occurs when the same virus that causes chicken pox becomes active again. After a person has chicken pox, the virus stays in the body. It may not cause problems for many years. As a person gets older, the virus may come back as shingles.	Shingles can cause mild to severe pain, usually on one side of the body or face. The pain can continue long after the blisters have cleared.  Shingles can also cause eye infections and vision loss and neurological problems.	The diagnosis of shingles is primarily clinical, based upon the characteristic pain and band of rash and blisters. Laboratory testing for varicella zoster virus (VZV) may sometimes be performed to confirm or rule out VZV when a person has atypical symptoms and/or complications that may be due to another cause.

