



Start your healthy journey online at kp.org/wa

Our member website offers a wealth of resources to help you lead a healthy life.

- Email your health care team.¹
- Review your medical record.¹
- Check lab and test results.¹
- See your after-visit summaries.¹
- Make appointments.¹
- Have an online visit or Care Chat with a provider.²
- Take your Health Profile and get a personalized report.²
- Refill prescriptions.²
- Find trusted advice on hundreds of health topics.

¹ Available to members who have registered for a secure account and who get care at Kaiser Permanente medical facilities.

² Available to all members who have registered for a secure account.

Additional wellness resources

Emotional wellness

Boost your emotional well-being with:

- Online healthy lifestyle programs
- Phone-based wellness coaching
- Discounts on fitness centers and products

Get information at

kp.org/wa/health-wellness.

Resource Line

Get free printed information about health topics, help registering for classes, and details about health resources at Kaiser Permanente and in your community. Call **1-800-992-2279** or email kpwa.resource-L@kp.org.

Tobacco cessation programs

Avoid tobacco and secondhand smoke. Get information about the Quit For Life® Program at **1-800-462-5327** or quitnow.net/kpwa.

Workshops for people with chronic conditions

If you have a chronic condition such as diabetes, arthritis, heart disease, or asthma, our workshops can help you gain skills and confidence to live a healthier life. They are highly interactive, 6 weeks long, and offered in person or online. Get information or register at kp.org/wa/livingwell or call the Resource Line.



Wellness recommendations

for women
18 to 64



Visits, tests, immunizations,
and resources



Wellness recommendations for women 18 to 64

The chart to the right shows Kaiser Permanente's routine care recommendations for most women 18 to 64. Keep in mind:

- The specific care you need might be different based on your personal health history and risk factors.
- If you have a chronic condition, such as diabetes, heart disease, or asthma, you might need additional tests and immunizations.
- You should talk to your health care team to find out exactly what is right for you, or if you have questions about the recommendations listed here.

Coverage for well care

Most well care recommended here is preventive care that is covered by most health plans. However, coverage may vary with some health plans; check your Evidence of Coverage or call Member Services at **1-888-901-4636**.

³ A wellness visit is also referred to as a preventive care visit.
⁴ Once in a lifetime, everyone 11 years of age and older should get a tetanus-diphtheria (Td) booster that contains pertussis (Tdap).
⁵ Keep your blood pressure below 140/90. Patients at higher risk for heart attack or stroke may have a lower goal if recommended by their provider.

Ages 18 to 21

Wellness visit every year.³
First Pap test for sexually active woman starting at 21.
Chlamydia test every year for sexually active women through 24.
HIV test one time for everyone 15 through 64.
Tetanus-diphtheria vaccine every 10 years.⁴
Flu vaccine every year.
Complete any childhood vaccines that are needed (especially HPV, Tdap, and meningococcal vaccines).

Ages 22 to 49

Wellness visit every 4 years.³
Pap test every 3 years to age 30, then every 5 years with a co-test that includes HPV screening.
Blood pressure check every 2 years.⁵
Cholesterol check every 5 years, starting at 40.
Chlamydia test every year for sexually active women through 24.
HIV test one time for everyone 15 through 64.
Mammogram: Women 40 to 49 should talk with their doctor about the risks and benefits of starting breast cancer screening before 50.
Tetanus-diphtheria vaccine every 10 years.⁴
Flu vaccine every year.

Ages 50 to 64

Wellness visit every 2 years.³
Blood pressure check every 2 years.⁵
Cholesterol check every 5 years.
Hepatitis C test once for women born between 1945 and 1965.
Colon cancer screening: Talk with your doctor about the best method for you.
Pap test every 5 years with a co-test that includes HPV screening.
HIV test one time for everyone 15 through 64.
Mammogram every 1 to 2 years based on risk for breast cancer.
Tetanus-diphtheria vaccine every 10 years.⁴
Flu vaccine every year.
Shingles vaccine for 50+ (2-dose series).