



Fig. 1 Life stage related mental health issues and diseases unique to women

Takeda, Y. "Understanding the Life Stages of Women to Enhance Your Practice." *Journal of the Japan Medical Association*, vol. 138, no. 5, 2009.

2020 RECOMMENDATIONS FOR WELL-WOMAN CARE

Preventive care visits provide an excellent opportunity for well-woman care including screening, evaluation of health risks and needs, counseling, and immunizations. *Recommendations for Well-Woman Care – A Well-Woman Chart* was developed by the Women’s Preventive Services Initiative ([WPSI](#)). The Well-Woman Chart outlines preventive services recommended by the WPSI, U.S. Preventive Services Task Force ([USPSTF](#)), and [Bright Futures](#) based on age, health status, and risk factors. Additional recommendations for immunizations are provided in a separate table from the Advisory Committee on Immunization Practices. Clinical practice considerations, risk assessment methods, and the age and frequency to deliver services are described in the **Clinical Summary Tables** that accompany the chart.

The Well-Woman Chart provides a framework for incorporating preventive health services for women into clinical practice. These services may be completed at a single visit or as part of a series of visits that take place over time. This information is designed as an educational resource to aid clinicians in providing preventive health services for women, and use of this information is voluntary. This information should not be considered as inclusive of all proper treatments or methods of care or as a statement of the standard of care. It is not intended to substitute for the independent professional judgment of the treating clinician. Variations in practice may be warranted when, in the reasonable judgment of the treating clinician, such course of action is indicated by the condition of the patient, limitations of available resources, or advances in knowledge or technology. While every effort is made to present accurate and reliable information, this publication is provided “as is” without any guarantees or warranties of accuracy, reliability, or otherwise, either express or implied. The Chart and Tables are updated annually. The WPSI website (www.womenspreventivehealth.org) has the most up-to-date version of the Chart and Clinical Summary Tables.

PREVENTION SERVICES	AGE (Years)						
	13–17 ^a	18–21 ^a	22–39	40–49	50–64	65–75	>75
GENERAL HEALTH							
Alcohol use screening & counseling	●	●	●	●	●	●	●
Anxiety screening	●	●	●	●	●	●	●
Aspirin to prevent CVD & CRC ¹					○ 50–59		
Blood pressure screening	●	●	●	●	●	●	●
Contraceptive counseling & methods	●	●	●	●	○		
Depression screening	●	●	●	●	●	●	●
Diabetes screening ²	○	○	○	○	○	○	○
Folic acid supplementation ³	○	●	●	●	○		
Healthy diet & activity counseling ⁴	○	○	○	○	○	○	○
Interpersonal violence screening	●	●	●	●	●	●	●
Lipid screening ⁵	○	●	○	●	●	●	
Obesity screening & counseling	●	●	●	●	●	●	●
Osteoporosis screening ⁶					○	●	●
Fall prevention						●	●
Statin use to prevent CVD ⁷				○	○	○	
Substance use assessment	●	●					
Tobacco screening & counseling	●	●	●	●	●	●	●
Urinary incontinence screening ⁸	○	●	●	●	●	●	●
INFECTIOUS DISEASES							
Gonorrhea & chlamydia screening ⁹	●	●	● ≤24 ○ >24	○	○	○	○
Hepatitis B screening ¹⁰	○	○	○	○	○	○	○
Hepatitis C screening (at least once) ¹¹	○	●	●	●	●	●	● <79
HIV preexposure prophylaxis ¹²	○	○	○	○	○	○	○
HIV risk assessment	●	●	●	●	●	●	●
HIV screening (at least once)	● ≥15	●	●	●	●	○	○
Immunizations ^b	●	●	●	●	●	●	●
STI prevention counseling ¹³	●	●	○	○	○	○	○
Syphilis screening ¹⁴	○	○	○	○	○	○	○
Tuberculosis screening ¹⁵	○	○	○	○	○	○	○
CANCER							
Breast cancer screening ¹⁶				○	●	●	○
Cervical cancer screening		● ≥21	●	●	●	● ≤65	
Colorectal cancer screening					●	●	
Lung cancer screening ¹⁷					○ 55–80	○	○ 55–80
Medications to reduce breast cancer risk ¹⁸				○	○	○	○
Risk assessment for <i>BRCA</i> 1/2 testing		●	●	●	●	●	●
Skin cancer counseling ¹⁹	○	○	○ ≤24				

Recommendations from the WPSI and the USPSTF for preventive services for pregnant and postpartum women are also provided in the Well-Woman Chart. Comprehensive recommendations for pregnant and postpartum women can be found in [ACOG’s practice guidelines](#) and other educational materials.

PREVENTION SERVICES for pregnancy provided in addition to age-based services listed above.	
PREGNANCY	
Anxiety screening	●
Bacteriuria screening	●
Breastfeeding counseling, services & supplies	●
Contraceptive counseling & methods	●
Depression and Perinatal Depression Screening ²⁰	●
Folic acid supplementation	●
Gestational diabetes screening	●
Gonorrhea & chlamydia screening	●
Hepatitis B screening	●
HIV screening (each pregnancy)	●
Interpersonal violence screening	●
Preeclampsia prevention with low-dose aspirin ²¹	○
Preeclampsia screening	●
Rh(D) blood typing	●
Syphilis screening	●
Tobacco screening & counseling	●

PREVENTION SERVICES for postpartum provided in addition to age-based services listed above.	
POSTPARTUM	
Anxiety screening	●
Breastfeeding counseling, services & supplies	●
Contraceptive counseling & methods	●
Depression and Perinatal Depression Screening ²⁰	●
Diabetes screening after gestational diabetes ²²	○
Folic acid supplementation	●
Interpersonal violence screening	●
Tobacco screening & counseling	●

KEY:

- Recommended by the USPSTF (A or B rating), WPSI, or Bright Futures
- Recommended for selected groups

