



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 from Kaiser Permanente doctors and care teams.

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/healthyliving.

Resource Line

Get free printed information about health topics and help finding 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.**

Wellness recommendations

**for women
65 and older**



**Visits, tests, immunizations,
and resources**

Wellness recommendations for women 65 and older

The chart to the right shows Kaiser Permanente's routine care recommendations for most women 65 and older. 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**.

Ages 65 to 75

Wellness visit every year.³
Blood pressure check every year.⁴
Cholesterol check every 5 years.
Hepatitis C test once for women through age 79.
Vision and hearing check every year.
Colon cancer screening: Talk with your doctor about the method that's best for you.
Mammogram every 1 to 2 years based on your risk for breast cancer. Bone density (DEXA) test: One-time test after turning 65.
Tetanus-diphtheria vaccine every 10 years.^{5, 6}
Shingles vaccine for 50+ (2-dose series).⁶
Pneumonia vaccine: 2 different vaccines given a year apart, one time for 65+.
Flu vaccine every year.

Ages 76 and older

Wellness visit every year.³
Blood pressure check every year.⁴
Hepatitis C test once for women through age 79.
Vision and hearing check every year.
Colon cancer screening: Discuss optional screening with your doctor.
Mammogram: Discuss optional screening with your doctor.
Bone density (DEXA) test: One-time test after turning 65.
Tetanus-diphtheria vaccine every 10 years.⁵
Shingles vaccine for 50+ (2-dose series).
Pneumonia vaccine: 2 different vaccines given a year apart, one time for 65+.
Flu vaccine every year.

³ A wellness visit is also referred to as a preventive care visit.

⁴ 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.

⁵ Once in a lifetime, everyone 11 years of age and older should get a tetanus-diphtheria (Td) booster that contains pertussis (Tdap).

⁶ Members without Medicare Advantage Part D coverage may be responsible for the full cost of the vaccine.

Get advice from your doctor about:

- Lowering your risk for bone breaks and fractures.
- Handling the emotions that come with aging, and about improving your physical health and mental outlook.
- Fall prevention and bladder control.