

# Wellness recommendations for women 65 and older

## Visits, tests, immunizations, and resources



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.<sup>3</sup>  
Blood pressure check every visit.<sup>4</sup>  
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.<sup>5,6</sup>  
Shingles vaccine for 50+ (2-dose series).<sup>6</sup>  
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.<sup>3</sup>  
Blood pressure check every visit.<sup>4</sup>  
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.<sup>5,6</sup>  
Shingles vaccine for 50+ (2-dose series).<sup>6</sup>  
Pneumonia vaccine: 2 different vaccines given a year apart, one time for 65+.  
Flu vaccine every year.

<sup>3</sup> A wellness visit is also referred to as a preventive care visit.

<sup>4</sup> 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.

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

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

## Start your healthy journey online at [kp.org](https://kp.org)

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

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

## 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.

## 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](https://kp.org/healthyliving).

### Resource Line

Get free printed information about health topics. Call **1-800-992-2279** or email [kpwa.resource-L@kp.org](mailto: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](https://quitnow.net/kpwa).

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<sup>1</sup> Available to members who have registered for a secure account and who get care from Kaiser Permanente doctors and care teams.

<sup>2</sup> Available to all members who have registered for a secure account.