

Our guide to women's health screening by age

Regular check-ups and screenings are key to your health. The frequency and type of screenings vary depending on your age.



Simplyhealth
All together **healthier**



20s

- **Dental check-up** - every 1-2 years
- **Eye exam and sight test** - every 2 years
- **Cervical screening** - from the age of 25, every 3 years until you're 49

30s

- **Dental check-up** - every 1-2 years
- **Eye exam and sight test** - every 2 years
- **Cervical screening** - every 3 years

40s

- **Dental check-up** - every 1-2 years
- **Eye exam and sight test** - every 2 years
- **Cervical screening** - every 3 years
- **Blood pressure test** - every 5 years as part of the NHS Health Check
- **Cholesterol screening** - every 5 years as part of the NHS Health Check

50s

- **Dental check-up** - every 1-2 years
- **Eye exam and sight test** - every 2 years
- **Cervical screening** - every 5 years (aged 50-64)
- **Blood pressure test** - every 5 years as part of the NHS Health Check
- **Cholesterol screening** - every 5 years as part of the NHS Health Check
- **Breast screening (mammogram)** - every 3 years after being invited between the age of 50-53

60s

- **Dental check-up** - every 1-2 years
- **Eye exam and sight test** - every 2 years
- **Hearing test** - every year
- **Blood pressure test** - every 5 years as part of the NHS Health Check
- **Cervical screening** - every 5 years until 65+ when it is only offered if one of the previous three tests was abnormal
- **Cholesterol screening** - every 5 years as part of the NHS Health Check
- **Breast screening (mammogram)** - every 3 years until aged 71
- **Bowel cancer screening** - every 2 years until aged 74

70+

- **Dental check-up** - every 1-2 years
- **Eye exam and sight test** - every year
- **Hearing test** - every year
- **Blood pressure test** - every 5 years as part of the NHS Health Check
- **Cervical screening** - every 5 years until 65+ when it is only offered if one of the previous three tests was abnormal
- **Cholesterol screening** - every 5 years until aged 74, as part of the NHS Health Check
- **Breast screening (mammogram)** - every 3 years until aged 71
- **Bowel cancer screening** - every 2 years until aged 74



With a Simplyhealth health plan you can claim back towards the costs of both optical and dental check-ups.

Please refer to your policy terms and conditions to check what you are covered for.