

women in your
60's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- **Blood pressure screening**
tests for risk of heart conditions
- **Skin exam**
tests for early signs of skin cancer
- **Blood glucose**
tests for risk of diabetes
- **Cholesterol screening**
tests for risk of heart disease
- **Coronary screening**
tests for heart disease
- **Fecal occult blood test**
tests for early signs of colon cancer
- **Pelvic exam**
checks for early signs of cancer

Intermittent screening:

- **Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- **Hearing test** *every 10 years*
test for hearing ability
- **Thyroid stimulating hormone test** *every 3 years*
tests for under/over active thyroid
- **Bone density testing** *every 3 years*
tests for signs of osteoporosis
- **Mammogram** *every 2 years*
tests for signs of breast cancer
- **Pap smear** *every 3 years*
tests for risk of cervical cancer
- **Ovarian screening (blood test)** *every 3 years for post-menopausal women*
tests for signs of ovarian cancer
- **Colonoscopy** *every 10 years*
tests for colorectal cancer or precancerous polyps

Vaccinations:

- **Flu shot** *yearly*
- **Tetanus booster** *every 10 years*
- **Pneumonia** *consult with your doctor for frequency*
prevents pneumonia

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

men in your
60's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- Blood pressure screening**
tests for risk of heart conditions
- Skin exam**
tests for early signs of skin cancer
- Blood glucose**
tests for risk of diabetes
- Cholesterol screening**
tests for risk of heart disease
- Coronary screening**
tests for heart disease
- Fecal occult blood test**
tests for early signs of colon cancer
- Testicular exam (appearance and feel)**
tests for early signs of testicular cancer

Intermittent screening:

- Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- Hearing test** *every 10 years*
test for hearing ability
- Prostate exam (blood test)**
consult with your doctor for frequency
if at high risk of prostate cancer
- Colonoscopy** *every 10 years*
tests for colorectal cancer or precancerous polyps

Vaccinations:

- Flu shot**
yearly
- Tetanus booster**
every 10 years
- Pneumonia**
consult with your doctor for frequency
prevents pneumonia

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

women in your
50's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- Blood pressure screening**
tests for risk of heart conditions
- Skin exam**
tests for early signs of skin cancer
- Blood glucose**
tests for risk of diabetes
- Cholesterol screening**
tests for risk of heart disease
- Coronary screening**
tests for heart disease
- Fecal occult blood test**
tests for early signs of colon cancer
- Pelvic exam**
checks for early signs of cancer

Intermittent screening:

- Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- Hearing test** *every 10 years*
test for hearing ability
- Thyroid stimulating hormone test** *every 3 years*
tests for under/over active thyroid
- Bone density testing** *every 3 years*
tests for signs of osteoporosis
- Mammogram** *every 2 years*
tests for signs of breast cancer
- Pap smear** *every 3 years*
tests for risk of cervical cancer
- Ovarian screening (blood test)** *every 3 years for post-menopausal women*
tests for signs of ovarian cancer
- Colonoscopy** *every 10 years*
tests for colorectal cancer or precancerous polyps

Vaccinations:

- Flu shot** *yearly*
- Tetanus booster** *every 10 years*
- Zoster vaccine** *once in a lifetime*
prevents shingles

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

men in your
50's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- Blood pressure screening**
tests for risk of heart conditions
- Skin exam**
tests for early signs of skin cancer
- Blood glucose**
tests for risk of diabetes
- Cholesterol screening**
tests for risk of heart disease
- Coronary screening**
tests for heart disease
- Fecal occult blood test**
tests for early signs of colon cancer
- Testicular exam (appearance and feel)**
tests for early signs of testicular cancer

Intermittent screening:

- Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- Hearing test** *every 10 years*
test for hearing ability
- Prostate exam (blood test)**
consult with your doctor for frequency
if at high risk of prostate cancer
- Colonoscopy** *every 10 years*
tests for colorectal cancer or precancerous polyps

Vaccinations:

- Flu shot**
yearly
- Tetanus booster**
every 10 years
- Zoster vaccine**
once in a lifetime
prevents shingles

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

women in your
40's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- Blood pressure screening**
tests for risk of heart conditions
- Skin exam**
tests for early signs of skin cancer
- Blood glucose**
tests for risk of diabetes
- Cholesterol screening**
tests for risk of heart disease
- Pelvic exam**
checks for early signs of cancer
- Breast exam**
checks for early signs of cancer

Intermittent screening:

- Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- Hearing test** *every 10 years*
test for hearing ability
- Thyroid stimulating hormone test** *every 3 years*
tests for under/over active thyroid
- Bone density testing** *every 3 years*
tests for signs of osteoporosis
- Mammogram** *every 2 years*
tests for signs of breast cancer
- Pap smear** *every 3 years*
tests for risk of cervical cancer
- Ovarian screening (blood test)** *every 3 years for post-menopausal women*
tests for signs of ovarian cancer

Vaccinations:

- Flu shot**
yearly
- Tetanus booster**
every 10 years

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

men in your
40's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- Blood pressure screening**
tests for risk of heart conditions
- Skin exam**
tests for early signs of skin cancer
- Blood glucose**
tests for risk of diabetes
- Cholesterol screening**
tests for risk of heart disease
- Testicular exam (appearance and feel)**
tests for early signs of testicular cancer

Intermittent screening:

- Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- Hearing test** *every 10 years*
test for hearing ability
- Prostate exam (blood test)**
consult with your doctor for frequency
if at high risk of prostate cancer

Vaccinations:

- Flu shot**
yearly
- Tetanus booster**
every 10 years

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

women in your
30's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- Blood pressure screening**
tests for risk of heart conditions
- Skin exam**
tests for early signs of skin cancer
- Blood glucose**
tests for risk of diabetes
- Cholesterol screening**
tests for risk of heart disease
- Pelvic exam**
checks for early signs of cancer
- Breast exam**
checks for early signs of cancer

Intermittent screening:

- Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- Hearing test** *every 10 years*
test for hearing ability
- Thyroid stimulating hormone test** *every 3 years*
tests for under/over active thyroid
- Pap smear** *every 3 years*
tests for risk of cervical cancer

Vaccinations:

- Flu shot**
yearly
- Tetanus booster**
every 10 years

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

men in your
30's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- Blood pressure screening**
tests for risk of heart conditions
- Skin exam**
tests for early signs of skin cancer
- Blood glucose**
tests for risk of diabetes
- Cholesterol screening**
tests for risk of heart disease
- Testicular exam
(appearance and feel)**
tests for early signs of testicular cancer

Intermittent screening:

- Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- Hearing test** *every 10 years*
test for hearing ability

Vaccinations:

- Flu shot**
yearly
- Tetanus booster**
every 10 years

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

women in your
20's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- Blood pressure screening**
tests for risk of heart conditions
- Skin exam**
tests for early signs of skin cancer
- Pelvic exam**
checks for early signs of cancer
- Breast exam**
checks for early signs of cancer

Intermittent screening:

- Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- Hearing test** *every 10 years*
test for hearing ability
- Pap smear** *every 3 years*
tests for risk of cervical cancer

Vaccinations:

- Flu shot**
yearly
- Tetanus booster**
every 10 years

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

men in your
20's



HEALTH SCREENING RECOMMENDATIONS

Yearly screening:

- **Blood pressure screening**
tests for risk of heart conditions
- **Skin exam**
tests for early signs of skin cancer
- **Testicular exam (appearance and feel)**
tests for early signs of testicular cancer

Intermittent screening:

- **Eye exam** *every 1-2 years*
tests for vision, glaucoma and macular degeneration
- **Hearing test** *every 10 years*
test for hearing ability

Vaccinations:

- **Flu shot**
yearly
- **Tetanus booster**
every 10 years

PLEASE NOTE: The above guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.