

Make your doctor “must see”

# TUNE IN to your health



Say YES to your health. Because your health is the star of the show.

## Tune in. Stay healthy.

Regular check-ups are a crucial part of staying on top of your health. Catching a health concern early can make all the difference. **Use this guide to know which screenings and immunizations you might need.**

### EVERYONE, Every Year

- Annual health check-up
- BMI & weight evaluation
- Dental check-up every 6 months
- Depression screening
- Flu vaccine starting at age 6 months
- Skin cancer screening

### MEN ONLY

- Testicular cancer regular self-exams, 1-3 years physician exam at age 40+
- Prostate cancer screening at age 50+, future based on results
- AOA/Abdominal aortic aneurysm screening for smokers only, at age 65+

### WOMEN ONLY

- Cervical cancer - adult women, pap smear every 3 years based on risk
- Breast cancer - monthly self-exams, Mammogram every 1-2 years at age 40

### Less Frequent Screenings & Immunizations

- Blood pressure every 2 years starting at age 16
- Diabetes/Blood sugar every 3 years, annually with risk factors
- Lipid/Cholesterol adults every 5 years, annually with risk factors
- Hearing Test adults every 5 years or w/ change in hearing, age 65+ every 1-2 years
- Eye Exam every 5-10 years w/o risk factors or change in eyesight, 1-2 years w/corrective lenses
- TDAP booster every 10 years as an adult
- Varicella/Chickenpox vaccine, if born 1980 or later
- COVID-19 varies (age > 6 mo), talk to your doctor

### AGE 40+

- Coronary calcium score baseline at age 40-45 dependent on risk factors, future based on results
- Colonoscopy at age 45, future based on results
- Lung cancer screening, depending on tobacco use
- Osteoporosis/Bone density at 65, future based on risk
- Fall prevention at age 65, future based on risk
- Hepatitis C screening for adults born 1945-1965
- Pneumonia vaccine at age 65
- MMR if born 1957 or later
- Shingles vaccine age 50+
- RSV vaccine age 60+



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