



Your health isn't **A DIY PROJECT**

Don't guess. Leave it to the pros.

When it comes to your health, expert guidance is the most reliable tool in your kit. **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+

