

IN YOUR 30s



These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup:** Including weight and height.
- **Sleep habits:** Discuss at your annual exam.
- **Thyroid (TSH) test:** Discuss with your doctor or nurse.
- **HIV screening:** Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).

Heart health

- **Blood pressure test:** At least every three to five years.
- **Cholesterol panel:** Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes

- **Blood glucose or A1c test:** Every three years. Discuss your risk factors with your doctor or nurse.

Breast health

- **Breast self-exam:** Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.
- **Clinical breast exam:** At least every three years.

Reproductive health

- **Pap test:** At least every three years.
- **Pelvic exam:** Yearly.
- **Sexually transmitted infection (STI) tests:** Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners.

Pelvic health

- Screening for urinary incontinence annually.

Mental health screening

- Discuss with your doctor or nurse.

Eye and ear health

- **Comprehensive eye exam:** At least every two years.
- **Hearing test:** Every 10 years.

Skin health

- **Skin exam:** Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam:** Twice a year.

Immunizations

- **Seasonal influenza vaccine:** Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine:** Every 10 years.
- **Meningococcal vaccine:** Discuss with your doctor or nurse if you are a college student or military recruit.