

IN YOUR 20s



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:** LDL, HDL and triglycerides; discuss with your doctor or nurse

Diabetes

- **Blood glucose or A1c test:** Get screened if you are at risk for developing diabetes.

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 beginning at age 21.
- **Sexually transmitted infection (STI) tests:** Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly until age 24 if sexually active. After age 25, get this test 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.
- **Human papillomavirus (HPV) vaccine:** Up to age 26, if your vaccine series is incomplete, discuss with your doctor or nurse.
- **Meningococcal vaccine:** Discuss with your doctor or nurse if you are a college student or military recruit.

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.

IN YOUR 40s



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:** Annually.
- **Cholesterol panel:** 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.
- **Mammogram:** Yearly starting at age 40.

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.

Colorectal health

- Screening should begin at age 45. Frequency varies by testing method and screening results.

Eye and ear health

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

Lung health

- Screen for lung cancer with low-dose CT scan in adults starting at age 50 who have a 20-pack-year smoking history and currently smoke or have quit within the past 15 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.

IN YOUR 50s



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).
- **Hepatitis C (HCV) screening:** Get this one-time screening if you were born between 1945 and 1965.

Heart health

- **Blood pressure test:** Annually.
- **Cholesterol panel:** LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density screen:** Discuss with your doctor or nurse. Test if you are at increased risk.

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:** Yearly.
- **Mammogram:** Annually.

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 if you have new or multiple partners.

Pelvic health

- Screening for urinary incontinence annually.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- Frequency varies by testing method and prior screening results. Talk with a healthcare provider about which tests are best for you.

Eye and ear health

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

Lung health

- Screen for lung cancer with low-dose CT scan in adults starting at age 50 who have a 20-pack-year smoking history and currently smoke or have quit within the past 15 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.
- **Herpes zoster vaccine:** (to prevent shingles) — One time only; discuss with your doctor or nurse.

IN YOUR 60s



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).
- **Hepatitis C (HCV) screening:** Get this one-time screening if you were born between 1945 and 1965.

Heart health

- **Blood pressure test:** Annually.
- **Cholesterol panel:** LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density test:** At least once at age 65. Talk to your doctor or nurse about repeat testing.

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:** Annually.
- **Mammogram:** Annually.

Reproductive health

- **Pap test:** Discuss with your doctor or nurse.
- **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 if you have new or multiple partners.

Pelvic health

- Screening for urinary incontinence annually.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- Frequency varies by testing method and prior screening results. Talk with a healthcare provider about which tests are best for you.

Eye and ear health

- **Comprehensive eye exam:** Every one to two years.
- **Hearing test:** Every three years.

Lung health

- Screen for lung cancer with low-dose CT scan in adults starting at age 50 who have a 20-pack-year smoking history and currently smoke or have quit within the past 15 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.
- **Pneumococcal vaccine:** One time only.
- **Herpes zoster vaccine:** One-time, two dose vaccine recommended for adults 50 years and older.

IN YOUR 70s



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:** Annually.
- **Cholesterol panel:** LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density test:** Talk to your doctor or nurse about repeat testing.

Diabetes

- **Blood glucose or A1c test:** Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

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:** Yearly.
- **Mammogram:** Annually through age 74.

Reproductive health

- **Pap test:** Discuss with your doctor or nurse.
- **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 if you have new or multiple partners.

Pelvic health

- Screening for urinary incontinence annually.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- Frequency varies by testing method and prior screening results. Talk with a healthcare provider about which tests are best for you.

Lung health

- Screen for lung cancer with low-dose CT scan in adults starting at age 50 who have a 20-pack-year smoking history and currently smoke or have quit within the past 15 years.

Eye and ear health

- **Comprehensive eye exam:** Annually.
- **Hearing test:** Every three 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.
- **Pneumococcal vaccine:** One time only.
- **Herpes zoster vaccine:** One-time, two dose vaccine recommended for adults 50 years and older.

IN YOUR 80s



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:** Annually.
- **Cholesterol panel:** LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density test:** Talk to your doctor or nurse about repeat testing.

Diabetes

- **Blood glucose or A1c test:** Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

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:** Yearly.
- **Mammogram:** Official recommendations vary. Discuss the schedule that is right for you with your doctor or nurse.

Reproductive health

- **Pap test:** Discuss with your doctor or nurse.
- **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 if you have new or multiple partners.

Pelvic health

- Screening for urinary incontinence annually.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- Frequency varies by method. Screening among women 76 to 85 should be an individual decision based on overall health and prior screening history. Discuss with your doctor or nurse.

Lung health

- Screen for lung cancer with low-dose CT scan in adults starting at age 50 who have a 20-pack-year smoking history and currently smoke or have quit within the past 15 years.

Eye and ear health

- **Comprehensive eye exam:** Annually.
- **Hearing test:** Every three 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.
- **Pneumococcal vaccine:** One time only.
- **Herpes zoster vaccine:** One-time, two dose vaccine recommended for adults 50 years and older.

Falls prevention

- Discuss with your doctor or nurse annually.