

# 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.