

Recommendations for Screenings and Vaccinations

	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Heart Health				
Blood Pressure	Starting at age 21, then once every 1-2 yrs.	Every 1-2 yrs.	Every 1-2 yrs.	Every 1-2 yrs.
Cholesterol Test	Starting at age 20, get regularly if you are at risk for heart disease.	Regularly if at risk. Usually every 3-5 yrs. if low risk profile.	Regularly if at risk. Or at least every 3-5 years.	Regularly if at risk. Every 3 years, or ask your doctor
Diabetes				
Blood Sugar Test		Starting at age 45, and then every 3 yrs.	Every 3 yrs.	Every 3 yrs.
Breast Health				
Breast Exam	Starting at age 20, monthly self-breast exam	Yearly by your doctor or nurse, monthly self-breast exam	Yearly by your doctor or nurse, monthly self-breast exam	Yearly by your doctor or nurse, monthly self-breast exam
Mammogram		Ask your doctor or nurse	Starting at age 50, every 1-2 yrs.	Every 1-2 yrs. until age 74. At 75 and older, ask your doctor or nurse
Reproductive Health				
Pap Test & Pelvic Exam	Starting at age 21, every 3 yrs. At age 30 or older, get a Pap test and HPV test together every 5 yrs.	Get a Pap test and HPV test together every 5 yrs.	Get a Pap test and HPV test together every 5 yrs.	Ask your doctor or nurse
Chlamydia test	If sexually active, every year until 24. At age 25 and older, get tested if you are at increased risk	Get tested if you are at increased risk	Get tested if you are at increased risk	Get tested if you are at increased risk
Bone Health				
Bone Mineral Density Testing			Ask your doctor or nurse	Get this test at least once. Ask your doctor or nurse about repeat testing.
Colorectal Health (Test options include colonoscopy, flexible sigmoidoscopy, fecal occult blood test)			At age 50, begin screening. Ask your doctor or nurse which screening test is best for you and how often you need it.	Get screened through age 75. Ask which screening test is best for you and how often you need it.
Dental Health				
Oral Exam	1-2 times a yr.	1-2 times a yr.	1-2 times a yr.	1-2 times a yr.
Eye Health				
Vision Exam	Once between age 20 and 39	Every 2-4 yrs.	Every 2-4 yrs.	Every 1-2 yrs.
Hearing Test	Ask your doctor or nurse	Adults need a baseline hearing exam. Ask your doctor or nurse.	Adults need a baseline hearing exam. Ask your doctor or nurse.	Adults need a baseline hearing exam. Ask your doctor or nurse.
Immunizations				
Tetanus	Every 10 yrs.	Every 10 yrs.	Every 10 yrs.	Every 10 yrs.
Flu Vaccine	Yearly	Yearly	Yearly	Yearly
Shingles Vaccine			Once, at age 60 or older	Once, at age 60 or older
Pneumonia Vaccine				Once, at age 65 or older