

Screening Type	Name of Screening	18-39	40-49	50-64	65 and older
Bone Health	Bone density screen – for women		Get a bone mineral density test at least once. Talk to your provider about repeat testing.	Discuss with your provider	Discuss with your provider
	Mammogram – for women		Every 1-2 years. Discuss with your provider.	Every 1-2 years. Discuss with your provider.	Every 1-2 years. Discuss with your provider.
Breast Health	Clinical breast exam – for women	At least every 3 years, beginning in your 20s	Annually	Annually	Annually
	Fecal Occult Blood Test			Yearly	Yearly
Colorectal Health	Flexible Sigmoidoscopy (with fecal occult blood test preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
	Colonoscopy			Every 10 years	Every 10 years
Diabetes	Blood Sugar Test	Discuss with your provider	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Eye and Ear Health	Eye Exam	At least once between 20-29 and at least twice between 30-39	At age 40, then every 2-4 years or as your doctor advises you	Every 2-4 years or as your doctor advises you	Every 1-2 years
	Hearing Exam	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
General Health	Full checkup, including height and weight	Discuss with your provider	Discuss with your provider	Discuss with your provider	Discuss with your provider
	Thyroid Test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health	Blood Pressure	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
	Cholesterol Test (fasting lipoprotein profile)	Starting at age 20, every 5 years	Every 5 years, if normal	Discuss with your provider	Discuss with your provider
Oral Health	Dental Exam	One to two times per year	One to two times per year	One to two times per year	One to two times per year
Mental Health Screening	Anxiety, Depression, Addiction, Eating Disorders	Discuss with your provider	Discuss with your provider	Discuss with your provider	Discuss with your provider

Prostate Health	Digital Rectal Exam (DRE) – for men		Discuss with your provider	Every 5-10 years with each colorectal screening	Every 5-10 years with each colorectal screening
	Prostate-Specific (PSA) blood test – for men		Discuss with your provider	Discuss with your provider	Discuss with your provider
Reproductive Health	Testicular Exam – for men		Discuss with your provider	Discuss with your provider	Discuss with your provider
Reproductive Health	Pap Test – for women	Every 1-3 years after age 21 or when sexually active	Every 1-3 years	Every 1-3 years	Discuss with your provider
	Pelvic Exam	Annually	Annually	Annually	Annually
Skin Health	Mole Exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20	Monthly mole self-exam; by a doctor as part of a routine full check up	Monthly mole self-exam; by a doctor as part of a routine full check up	Monthly mole self-exam; by a doctor as part of a routine full check up

Immunization	18-39	40-49	50-64	65 and older
Influenza Vaccine	Annually	Annually	Annually	Annually
Pneumococcal Vaccine		High Risk	High Risk	One time only
Tetanus- Diphtheria- Pertussis Booster Vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Meningococcal Vaccine	If attending college, discuss with your provider			
Human Papillomavirus Vaccine (HPV)	Up to age 26; discuss with your provider			
Herpes Zoster Vaccine – to prevent shingles			Starting at age 60, one time only. Discuss with your provider	Starting at age 60, one time only. Discuss with your provider