

Wellness and Preventive Health Guidelines: Your Personal Checklist

SCREENING

	Women only		Men only	Everyone
	18-39 Years	40-49 Years	50-64 Years	65+ Years
Obesity	Have your body mass index (BMI) calculated annually			
Abdominal Aortic Aneurysm (AAA)				Once between the age of 65 and 75 if you've ever smoked
Breast cancer	Annual breast exam	Consult with provider	Bi-yearly mammogram and breast exam. Consult your doctor about an annual mammogram	
Cervical cancer	At regular intervals for women age 21-65			
Osteoporosis (Thinning of the bones)				Screening beginning at age 65
Prostate cancer	Consult your doctor about an annual PSA or digital rectal examination			
Colorectal cancer	Between 45-75 years old, screening frequency varies from annually, to every 3 – 5 years, to every 10 years, depending upon the type of test			
Cholesterol and lipid screening	Every 5 years for men aged 35+ and women aged 45+, or anyone aged 20+ if they have risk factors for heart disease, including diabetes, tobacco use, high blood pressure or a family history of heart disease			
Asthma or lung disease	If you experience chronic wheezing, coughing, shortness of breath or tightness in the chest, ask your doctor to be screened			
Diabetes	Screening for all beginning at age 45 and anyone who meets one or more risk factors: obesity, first-degree relative with diabetes, women with history of gestational diabetes or polycystic ovarian syndrome and certain racial or ethnic minority groups, including African Americans, American Indians/Alaskan Natives, Asian Americans, Hispanics/Latinos, Native Hawaiians/Pacific Islanders			
Gestational Diabetes	Screen pregnant women after 24 weeks gestation			
Hypertension	Every 1 – 2 years, if you do not have high blood pressure			
Lung cancer			If age 50 – 80, smoked 1 – 2 packs/day for 10 – 20 years, and smoked within the last 15 years, ask your doctor to be screened	
Sexually transmitted diseases	Recommended testing for women who are sexually active and under age 25 should be tested for chlamydia, gonorrhea, and HPV. Otherwise, ask your doctor if you should be checked.			
HIV	Screen those between 15 – 65 years and all pregnant women			
Depression	Your emotional health is as important as your physical health—talk to your doctor if you've felt “down” or have felt little interest or pleasure in doing things			
Sleep disorders	If you have a hard time falling asleep or staying awake, snore or wake up choking or gasping for breath, consult your doctor to inquire about screening			
Hepatitis B	Recommended for all adults aged 18 years and older at least once in their lifetime using a triple panel test, pregnant women at their first prenatal visit, and for anyone at high risk.			
Hepatitis C	Recommended for all adults aged 18 years and older and pregnant women at their first prenatal visit, and for anyone at high risk.			
Vision	Periodic screening to check for glaucoma and assess the need for corrective lenses			Regular screening
Hearing	Consult your doctor if you strain to hear a normal conversation, the TV or radio			
Dental	Annual exam			

VACCINATIONS

	18-49 Years	50-64 Years	65+ Years
Tetanus, diphtheria (Tdap)	Booster every 10 years		
Measles, mumps, rubella (MMR)	1 or 2 doses	May be recommended for certain high-risk populations	
Varicella	2 doses (0, 4 – 8 weeks)	May be recommended for certain high-risk populations	
Hepatitis A	Recommended for certain high-risk populations—ask your doctor		
Hepatitis B	Recommended for all young adults not previously immunized, as well as for certain high-risk populations		
Flu shot	Annually		
Pneumococcal (Pneumococcal conjugated PCV20 or Pneumococcal conjugated PCV13 + Pneumococcal PPSV)	Recommended for individuals with chronic heart or lung disease, diabetes mellitus, splenectomy, or anatomic asplenia (sickle cell disease)		1 dose
Meningococcal	Recommended for certain certain high-risk populations		
Shingrix	2 doses (2 – 6 months apart) recommended to prevent shingles in those age 50 and older		
COVID Vaccine + applicable boosters	Recommended for all adults		