

These guidelines are minimal requirements for healthy adults with no known medical problems. It should be realized that adults in “high risk” categories or with specific medical problems may require more frequent physicals and evaluations. Ask your doctor about what screenings and exams are right for you and when you need them.

To learn about what immunizations you might need, in addition to your yearly flu shot, please visit the [Immunization Schedule and Preventive Care webpage](#).

Screenings (Click on each screening for more information)	Age in Years													
	18	20	25	30	35	40	45	50	55	60	65	70	75+	
Well-person Exam Talk to your doctor about physical, mental and lifestyle issues to promote a healthy life.	Every year for both men and women													
Blood Pressure Know your numbers– Keep your blood pressure under control.	Every year for both men and women													
Body Mass Index (BMI) Stay at a healthy weight. Find out your BMI.	Every year for both men and women													
Abdominal Aortic Aneurysm Screening One time screening by ultrasound for men with a history of smoking.	Men at ↑ risk													
Aspirin Use for Prevention of Heart Disease When the potential harm of gastrointestinal hemorrhage is outweighed by a potential benefit of reduction in heart attacks or strokes.	Men Women													
Breast Cancer Screening Universal screening at age 50; age 40 talk with your doctor.	Women at ↑ risk All women													
Cervical Cancer Screening Age 21-65: PAP test every 3 years Age 30-65: Every 5 years if you have both a Pap test and an HPV test	Women													
Chlamydia Screening *Sexually active women ages 16- 24 at least annually Women age 25 and older at increased risk	Women* Women at ↑ risk													
Cholesterol Screening Men aged 20-35 & women over age 20 who are at increased risk for heart disease. All men aged 35 and older	Men at ↑ risk All men Women at ↑ risk													
Colorectal Cancer Screening -Fecal Occult Blood Test (FOBT) Annually -OR- -Sigmoidoscopy every 5 years, with high-sensitivity FOBT every 3 years -OR- -Screening colonoscopy every 10 years	Both men and women													
Depression Screening Discuss life stress with your doctor. Getting help is the best thing you can do.	Both men and women													
Dental Care Take care of your teeth and gums. Get a routine dental visit at least once a year.	Both men and women													
Diabetes (Type 2) Screening You can do a lot to prevent or delay getting Type II Diabetes.	Every year for both men and women													
Hepatitis C Screening	Men and women at risk for infection and all adults born between 1945 and 1965													
HIV Screening	Both men and women Those at ↑ risk													
Osteoporosis Screening Keep your bones strong. People at increased risk need bone density testing.	Women at ↑ risk All women													