



PREVENTIVE SERVICES FOR ADULTS



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	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 higher 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 higher risk All Women												
Cervical Cancer Prevention Age 21-65: PAP test every 3 years. Age 30-65: Every 5 years if you have both a PAP test and an HIV test.	Women												
Chlamydia Screening *Sexually-active women ages 16-24 at least annually. Women age 25 and older at increased risk.	*Women Women at higher risk												
Cholesterol Screening Men ages 25-35 & women over age 20 who are at increased risk for heart disease. All men aged 35 and older.	Men at higher risk All Men Women at higher 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 & Women												
Depression Screening Discuss life stress with your doctor. Getting help is the best thing you can do.	Both Men & Women												
Dental Care Take care of your teeth and gums. Get a routine dental visit at least once a year.	Both Men & Women												
Diabetes (Type 2) Screening You can do a lot to prevent or delay getting Type 2 diabetes.	Every year for both Men & Women												
Hepatitis C Screening	Men & Women at risk for infection and all adults born between 1945 and 1965												
HIV Screening	Both Men & Women Those at high risk												
Osteoporosis Screening Keep your bones strong. People at increased risk need bone density testing.	Women at higher risk All Women												