

Preventive Medicine

Men and Women	18-39 Years of Age	40-49 Years of Age	50-64 Years of Age	≥65 Years of Age
Cholesterol Screening	≥ 20 years of age every 5 years		Every 5 years	
Blood Pressure	Every 2 years			
Weight	Every 1-3 years			
Body Mass Index	Frequency at doctor's discretion			
Hearing & Vision			60+ yearly	yearly
Stool for Occult Blood			yearly	
Double Contrast Barium Enema OR Flexible Sigmoidoscopy OR Colonoscopy			Double Contrast Barium Enema every 5 years OR Flexible Sigmoidoscopy Every 5 years OR Colonoscopy Every 10 years	

Men	18-39 Years of Age	40-49 Years of Age	50-64 Years of Age	≥65 Years of Age
Clinical Prostate Exam/ Prostate Screening Antigen (PSA)			yearly	yearly
Testicular Exam	yearly			

Your doctor is a good resource for information about nutrition, exercise, dental health, smoking cessation, substance abuse, sexual behavior/sexually transmitted diseases, domestic violence, depression and accident/injury prevention.

Preventive Medicine

Women	18-39 Years of Age	40-49 Years of Age	50-64 Years of Age	≥65 Years of Age
Bone Mineral Content				Once
Clinical Breast Exam/ Teach Breast Self Exam	20+ every 1-3 years		yearly	
Mammogram			yearly	
Pap Test	Yearly, starting no later than 21 years of age. After ≥ 3 consecutive normal results, Pap tests may be performed every 2-3 years on low-risk women at the doctor's discretion. Women ≥ 70 may choose to stop screening following ≥ 3 consecutive normal test results and no abnormal results in the last 10 years.			

Immunizations

Men and Women	18-39 Years of Age	40-49 Years of Age	50-64 Years of Age	≥65 Years of Age
Tetanus, Diphtheria, Pertussis (Td/Tdap)	1 dose Td booster every 10 years			
	Substitute 1 dose of Tdap for Td			
Human Papillomavirus (HPV)	3 doses (females ≤ 26 years of age)			
Measles/Mumps/Rubella	1 or 2 doses*		1 dose, if high-risk*	
Varicella	2 doses*		2 doses, if high-risk*	
Influenza	1 dose annually, if high-risk*		1 dose annually	
Pneumococcal (Pneumonia)	1-2 doses, if high-risk*			1 dose
Hepatitis A	2 doses, if high-risk*			
Hepatitis B	3 doses, if high-risk*			
Meningococcal (Meningitis)	1 or more doses, if high-risk*			

*Talk with your doctor to determine what immunizations you need.