

Preventive Health Schedule

Individuals with no underlying medical conditions may wish to consider the following preventive health-screening schedule.

General Testing

Routine Physical

Once a year; should include blood pressure screening, weight check/BMI screening, skin cancer screening, depression screening, and drug/alcohol/tobacco use assessment.

Colonoscopy

Every 10 years, beginning at **age 45** unless instructed otherwise by your physician.

Cholesterol Screening

Every 5 years after **age 20**, unless instructed otherwise by your physician.

Lung Cancer Screening

Ages 55-80: If you have a smoking history within the past 15 years. Once a year if you currently smoke.

Hepatitis C Screening

Once for adults born between 1945-1965.

Skin Cancer Screening

Individuals at an increased risk for skin cancer should regularly do a self-examination of their skin and notify their doctor if moles change. High-risk individuals are white males over 50, individuals with a history of significant sunburn or multiple moles.

Vaccines

“Booster” immunizations can protect both adult men and women against tetanus, diphtheria, and whooping cough. Individuals who are 65+ years of age should receive vaccines instructed by their physician.

Flu Shot

Individuals should receive a flu shot once a year.

Shingles

Zostavax: Age 60 or older, one dose

Shingrix: Age 50 or older, two doses

Tetanus Booster

Every 10 years

Pneumonia Vaccine

High-risk population may require vaccine before the age of 65.

Age 65+: one or two doses in a lifetime

Men

Prostate Cancer Screening

Age 50: For men of average risk. Have a discussion with your physician to determine what screening is best suited to you.

Ages 45: Men of high risk; African American men who have a parent, brother, or child who was diagnosed with prostate cancer before age 65.

Age 40: Men at even higher risk due to having more than one first-degree relative who was diagnosed with prostate cancer before age 65.

Women

Pelvic & Breast Exam

Age 40+: Once a year, starting with annual visits.

Mammogram

Women who have risk factors may start screening at a younger age. Please discuss with your physician.

Age 45-54: Once a year

Age 55+: Once every one to two years

Bone Density Screening

Once at age **65**, unless instructed by your physician.

Pap Smear

The frequency of cervical cancer screening and which tests you should have depend on your age and health history.

Women aged 21-29 should have a Pap test every 3 years. HPV testing is not recommended.

Women aged 30-65 should have a Pap test and an HPV test (co-testing) every 5 years (preferred). It also is acceptable to have a Pap test every 3 years.

Your schedule may change based on risk factors and family history. Have a discussion with your physician to learn what your exact preventive schedule should look like. Visit the [CDC](https://www.cdc.gov) for more information on preventive health.