

# 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 primary care provider.

### Cholesterol Screening

Every 5 years after **age 20**, unless instructed otherwise by your primary care provider.

### 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 in a lifetime after **age 18**.

### Skin Cancer Screening

Individuals at an increased risk for skin cancer should regularly do a self-examination of their skin and notify their primary care provider 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 should receive vaccines as instructed by their primary care provider.

### Flu Shot

Individuals should receive a flu shot once a year.

### Shingles

**Shingrix:** **Age 50** or older, regardless of previous herpes zoster or Zostavax.

### 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 primary care provider to determine what screening is best suited to you.

**Age 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 primary care provider.

**Age 45-54:** Once a year.

**Age 55+:** Once every one to two years.

### Bone Density Screening

Once at age **65**, unless instructed otherwise by your primary care provider.

### 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 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](#) for more information on preventive health.*