

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.