

PREVENTIVE HEALTH GUIDELINES

Getting regular checkups can help you stay healthy, prevent disease, and can even save your life.

- Routine Health Exams
- Immunizations (shots)
- Cancer Screenings



Mark the ones you may need below. Take this to your doctor to talk about which of these tests and shots you need, and when you should get them.

Routine Health Exams

- Cholesterol**
Beginning at age 45 for women, and age 35 for men
- Chlamydia and Gonorrhea Screening**
For women if age 24 or younger and sexually active, and women 25 years and older at increased risk
- Osteoporosis Test**
Beginning at age 65 for women
- Blood Pressure**
Beginning at age 18 for men and women
- Body Mass Index (BMI)**
At regular checkups for all adults
- HIV Test**
For men and women ages 15 to 65, and all pregnant women

- Depression Screening**
For general adult population, including pregnant and postpartum women
- Tuberculosis (TB) screening**
For adults at increased risk
- Hepatitis C Screening**
For all adults ages 18 to 79
- Prediabetes and Diabetes Screening**
Asymptomatic adults aged 35 to 70 years who have overweight or obesity

Perinatal Care

- Prenatal visit**
For pregnant women within the first trimester
- Postpartum visit**
For women between 1 to 12 weeks after delivery

Immunizations (shots)

- **Tetanus-Diphtheria-Pertussis (Td or Tdap)**
1 dose Tdap, then Td booster every 10 years. Pregnant women should get a Tdap vaccine with each pregnancy
- **Influenza (Flu Shot)**
Every year for all adults
- **Pneumococcal (PCV15 or PCV20)**
1 dose after age 65
- **Zoster (RZV)**
2 doses for age 50 or older
- **Measles, Mumps, Rubella (MMR)**
1 or 2 doses for adults born in 1957 or later
- **Chicken Pox (VAR)**
2 doses for adults with no history of immunity
- **Human Papillomavirus (HPV)**
If not already completed, adults ages 19 to 26 should get 2 or 3 doses
- **Hepatitis B**
For adults ages 19 to 59.
2, 3, or 4 doses depending on vaccine or condition.
- **COVID-19**
2 or 3 dose primary series and booster



Cancer Screenings

- **Colorectal Cancer Screening**
For men and women beginning at age 45 and continuing until age 75
- **Cervical Cancer Screening**
Every 3 to 5 years for women ages 21 to 65
- **Breast Cancer Screening (Mammogram)**
Every 2 years for women 50 to 74

