



RECOMMENDED PREVENTIVE HEALTH TESTS FOR MEN*

EXAM	STARTING AGE	FREQUENCY
Routine Physical Exam (Preventive health visit)	18 40 50	Every 3 - 5 years Every 1 - 2 years Annual
CANCER SCREENING		
Colon Cancer		
Fecal occult blood test,	50	Annual*
Colonoscopy or	50	Every 10 years*
Sigmoidoscopy	50	Every 3 - 5 years*
Prostate		
Digital rectal exam	50	Annual
PSA (blood test)	50	Annual
Skin Cancer		
	18	Self-exam monthly Clinical exam by healthcare provider every 3 years*
Testicular		
	13	Self-exam monthly Clinical exam by healthcare provider at preventive health visit
HEART HEALTH		
Abdominal Aortic Aneurysm (AAA)		
	65-75	One time screening for men with history of smoking
Blood Pressure		
	18	Every visit or at least every 1 - 2 years
Cholesterol (blood test)		
	18	Every 5 years
IMMUNIZATIONS		
	As recommended	
OTHER RECOMMENDED SCREENINGS		
Diabetes	18	Every 3 years*
Weight/Body Mass	18	At preventive health visit
Eye Exam	18	Every 2 years*
Hearing	18 / 50	After 50, every 3 years
Oral and Dental Exams	Starting in childhood	1 - 2 times per year

* Depending on personal risk factors and family medical history, your healthcare provider may recommend additional or more frequent screenings.



RECOMMENDED PREVENTIVE HEALTH TESTS FOR WOMEN*

EXAM	STARTING AGE	FREQUENCY
Routine Physical Exam (Preventive health visit)	18 40 50	Every 3 - 5 years Every 1 - 2 years Annual
CANCER SCREENING		
Colon Cancer		
Fecal occult blood test,	50	Annual*
Colonoscopy or	50	Every 10 years*
Sigmoidoscopy	50	Every 3 - 5 years*
Breast Cancer		
Breast exam, physical	18	Self exam monthly and clinical exam by healthcare provider at annual preventive health visit
Mammogram	39	Annual*
Skin Cancer		
	18	Self-exam monthly Clinical exam by healthcare provider every 3 years*
Cervical Cancer		
Pelvic exam/PAP test	18	Every 3 years after 3 consecutive normal tests*
HEART HEALTH		
Blood Pressure	18	Every visit or at least every 1 - 2 years
Cholesterol (blood test)	18	Every 5 years
IMMUNIZATIONS		
	As recommended	
OTHER RECOMMENDED SCREENINGS		
Bone Health - Osteoporosis	40 65	Discuss with your healthcare provider At least once, then discuss with provider
Diabetes	18	Every 3 years*
Thyroid	35	Every 5 years*
Weight/Body Mass	18	At preventive health visit
Eye Exam	18	Every 2 years*
Hearing	18 / 50	After 50, every 3 years
Oral and Dental Exams	Starting in childhood	1 - 2 times per year

* Depending on personal risk factors and family medical history, your healthcare provider may recommend additional or more frequent screenings.