



Preventive Testing for Healthy Men and Women

Staying healthy includes having regular tests to help prevent problems or find them at early stages. Here are some of the major recommendations* for healthy adults. Talk with your doctor about what tests you need. Ask about other tests or vaccines you may need if you are pregnant or are at risk for certain health problems. It is recommended that you check with your insurance plan regarding your coverage benefit.

Recommendations for all adults

Blood pressure check	At least every 2 years (or as recommended by your health care provider) starting at age 18
Cholesterol test	Blood test every 5 years (or as recommended by your provider) starting at age 20
Colorectal cancer screening	Colonoscopy (preferred test) every 10 years starting at age 50, or an alternative test including one of the following: <ul style="list-style-type: none">• Fecal occult blood test every year• Flexible sigmoidoscopy or CT colonography (virtual colonoscopy) – every 5 years• Stool DNA test (Cologuard) – every 3 years If any problems are found on these alternative tests, a colonoscopy will be needed.

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Immunizations	<ul style="list-style-type: none"> “Tdap” vaccine - One time dose (available since 2005; protects against tetanus, diphtheria and whooping cough) Tetanus booster shot - every 10 years Measles, mumps, rubella (MMR) vaccine - if you were born in 1957 or later and have never had measles or been vaccinated Varicella vaccine - two shots at least 28 days apart if you have never had chicken pox, shingles, or received the vaccine. Herpes Zoster (Shingles) -one time for anyone 60 years or older. Even if you have had shingles, this vaccine can help prevent shingles from coming back or will help make it less severe if it does come back. Influenza vaccine - every year for all adults Pneumococcal vaccine - at age 65 or older, two doses one year apart (earlier for people with chronic illness or other risk factors)
Hepatitis C Screening	For adults at increased risk, and one time for everyone born 1945 – 1965
Lung Cancer Screening	For adults 55 - 80 at high risk for lung cancer because of current or past history of heavy cigarette smoking
HIV Screening	For adults 15 - 65, and other ages at increased risk
Human papillomavirus (HPV) vaccine	2 doses are recommended for women through age 26 and for men through age 21. Note: 3 doses may be needed for some men and women through age 26 depending upon age of first dose and patient history

Additional tests recommended for women

Mammogram	Every year, starting no later than age 45. At age 55, you may choose to get a mammogram every other year. (When you reach age 40, talk with your provider about when to start mammograms.)
Pap test	Starting at age 21, at least every 3 years, or more often if recommended. (Age 30 - 64, a combination of Pap and HPV testing every 5 years is recommended.)
Chlamydia and Gonorrhea screening	Women age 24 and younger who are sexually active and others at high risk
Bone density (for osteoporosis)	At age 65

Additional test recommended for men

Abdominal aortic aneurysm test	One-time ultrasound test for men age 65 to 75 who have ever smoked
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The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.



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