

Preventing Infection

Immunization	Frequency
<input type="checkbox"/> Diphtheria/Tetanus/Pertussis Vaccine	Tetanus with pertussis booster is given in adulthood with a Td booster every 10 years. <i>Discuss with your doctor if over 65 or pregnant.</i>
<input type="checkbox"/> Influenza Vaccine	Get this vaccine annually.
<input type="checkbox"/> Hepatitis B Vaccine	Individuals of any age whose behavior or job puts them at high risk for hepatitis B virus infection should get this vaccine one time.
NEW RECOMMENDATION	
<input type="checkbox"/> Hepatitis C Screening	One time for people born between 1945–1965 or with high-risk exposure.
<input type="checkbox"/> Human Papillomavirus (HPV) Vaccine	A series of 3 injections for girls between the ages of 9–26 AND boys between ages 9–21. <i>Discuss with your doctor.</i>
<input type="checkbox"/> HIV Screening	One time for all adolescents and adults at risk with repeat screening as needed for risky behaviors. <i>Discuss with your doctor.</i>
<input type="checkbox"/> Zostavax (shingles) Vaccine	Once at age 60 or older unless contraindications exist.
<input type="checkbox"/> Pneumococcal Pneumonia Vaccine	Once at age 65 (earlier if asthmatic, a smoker, had a splenectomy or other risk factors). Consider Prevnar 13 for high-risk conditions.

Other Preventive Screenings

<input type="checkbox"/> Bone Density	To evaluate for osteoporosis, baseline at age 65 or earlier for women at risk for osteoporosis fractures. Then every 2–10 years as determined by risk. Consider for men if high risk.
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Cardiovascular Health

Risk Factors to Monitor

Every 2 years, or as directed depending on health status, measure blood pressure, height and weight; evaluate physical activity; and assess family history, smoking and other risks.

<input type="checkbox"/> Lipids/Cholesterol	Screening should occur once at age 35 for men and 45 for women. All adults need to know their cholesterol level. If it has not been checked, ask your physician at your next visit. Screening onset and frequency may vary based on personal and family history and other risk factors, like hypertension, diabetes and smoking. Repeated testing may not be necessary. <i>Discuss with your doctor.</i>
<input type="checkbox"/> Glucose (sugar)	Starting at age 45 for all adults, a diabetes fasting glucose screen should be performed; then every 3–5 years thereafter. Screen more frequently if elevated blood pressure.
<input type="checkbox"/> Abdominal Aortic Aneurysm (AAA) Screening	One-time screening by ultrasound in males age 65–75 who have ever smoked or have a family history.

Cancer: Early Detection and Prevention

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| <input type="checkbox"/> Colorectal Cancer Screening | Colonoscopy: This is recommended for all adults starting at age 50 and at regular intervals thereafter. For African-Americans, Hispanics and people with a family history of colorectal cancer and polyp conditions, screening may be considered earlier. <i>Discuss with your doctor.</i> Colonoscopy is considered the most thorough test. Your physician may discuss other options with you. Screening over age 80 without symptoms is not routinely recommended. |
| <input type="checkbox"/> Skin Cancer Screening | Periodic visual exams by a physician may help identify a skin lesion. |
| NEW RECOMMENDATION | |
| <input type="checkbox"/> Lung Cancer Screening | Screening between ages 55–74 for current and former smokers (quit within the last 15 years) with a 30-pack-per-year smoking history. <i>Discuss with your doctor.</i> |

For Women

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| <input type="checkbox"/> Breast Cancer Screening | Mammogram: Discuss screening starting at age 40, or earlier if high risk. Discuss family history risk to determine whether additional screening should be considered. Your physician may discuss the benefits and harms of screening and may discontinue regular mammograms if you are not in good health or are older than age 75.
Clinical Breast Exam: This is performed as part of a well-woman exam. |
| <input type="checkbox"/> Cervical Cancer Screening | Pap Smear: Screening should begin at age 21 and be repeated every 3 years if results are normal. You should see your doctor earlier if you have any issues or are sexually active. At age 30, if you are low risk you may do Pap smears every 3 years, or every 5 years if your doctor combines the Pap test with an HPV screen. Pap smears are not routinely recommended after total hysterectomy or after age 65 if prior Pap smears were normal and you have had no new partners. <i>Discuss with your doctor.</i> |
| <input type="checkbox"/> Chlamydia Screening | Perform this screening yearly until age 26 if sexually active; if high risk, continue screening after age 26. |

For Men

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| <input type="checkbox"/> Prostate Cancer Screening | PSA and Rectal Exam: Medical opinion varies regarding routine screening. Men over age 50 may want to discuss the PSA test with their physician. Men who are African-American and men with close family members diagnosed with prostate cancer before age 65 may want to discuss the test with their doctor earlier. Testing is not usually considered for men in poor health or over age 65–70, depending on health. <i>Discuss with your doctor.</i> |
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Lifestyle Practices

We recommend that you discuss exercise, diet and nutrition, emotional health, alcohol use, substance use, injury prevention and sexual concerns with your doctor.

Insurance coverage varies. Check with your health plan.