

Suggested Timeline for Adults (20 to 64 Years)

The information below can help you stay healthy. You and your doctor may decide to do some of these more or less often.

See Your Doctor For:	When You Are:	How Often:
Blood Pressure Check	20 + years old	Every two years More often if at risk
Obesity (Height, Weight, BMI)	20 + years old	Yearly
Alcohol/Substance Abuse and Tobacco Use	20 + years old	At first doctor visit. Talk to your doctor about when to be re-screened.
Depression	20 + years old	At first doctor visit. Talk to your doctor about when to be re-screened.
Tuberculosis	20 + years old, if at risk	Talk to your doctor.
Type 2 Diabetes	20 + years old, if at risk	Talk to your doctor.
Colon and Rectal Cancer Screen Stool blood check Sigmoidoscopy Colonoscopy	50 to 64 years old	Talk to your doctor, about the test that will work best for you. Yearly Every three to five years Every ten years
Syphilis Screen	At risk	Talk to your doctor about your needs.
HIV Screen	At risk	Talk to your doctor about your needs.
For Women		
Rubella Blood Test	20 to 55 years old (Of childbearing age.)	Talk to your doctor about your needs.
Cholesterol	45+ years old 20 to 45 years old, if at risk	At least every five years
Breast Cancer Screen: Mammogram and Breast Exam by the Doctor	40 + years old	Every one to two years or as advised by your doctor
Cervical Cancer Screen: PAP Smear	21 to 65 years old (women sexually active and have a cervix)	Every year until two exams in a row are normal. Then every three years, as long as your PAP results stay normal.
Chlamydia Screen (Sexually Transmitted Disease)	24 years old and younger who are sexually active 25+ years old, if at risk	Yearly, if sexually active. After age 25, yearly if high risk.

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Gonorrhea Screen	25 years old and younger who are sexually active and at risk women	Talk to your doctor about your needs.
Osteoporosis Screen	60 + years old, if at risk	Talk to your doctor.
For Men		
Cholesterol	35+ years old 20 to 35 years old, if at risk	At least every five years
Coronary Heart Disease Assessment	45 to 79 years old without a history of coronary heart disease or stroke	
Immunizations		
Varicella (Chicken Pox)	At risk only, not previously vaccinated or have had no history of Chicken Pox	Talk to your doctor.
Measles, Mumps, Rubella	21 to 50 years of age (Women of childbearing age), 50+ if at risk	Once
Diphtheria Tetanus Booster	21 + years old	Every ten years
Influenza Vaccine (Flu Shot)	21 to 49 years old (at risk only) 50 + years old	Yearly
Zoster	60 + years old	Once
Human Papillomavirus	Females less than 26 years of age who have not completed the series	Once
Hepatitis A	At risk	Once
Hepatitis B	At risk	Once
Meningococcal	At risk	Talk to your doctor.
Ask Your Doctor About		
Not Using or Quitting Tobacco	Healthy diet	Menopausal health for women
Family planning	Seat belt use	Risks and benefits of prostate cancer screening for men
Regular Physical Activity	Dental health	Sexually Transmitted Disease and HIV infection

Sources:

- Report of the U.S. Preventive Services Task Force, “Guide to Clinical Preventive Services”, 2009;
- MMWR, “Recommended Adult Immunization Schedule – United States, 2010”, January 9, 2009, Vol. 57, No 53.

* Printed copies of information posted on our website are available upon request.