

Regular preventive visits to your provider can help keep you healthy.

These visits can help prevent certain diseases. They also help find health problems early, when they are easier to treat. If you do have a health problem, your provider can help you manage it. Use this chart to see what exams and tests are right for you. If you are due for a visit, schedule an appointment with your provider today.

YEARS OF AGE	18	21	25	30	35	40	45	50	55	60	65	70	75+	
SCREENING														
Alcohol Use/Substance Abuse and Tobacco Use	At first provider visit. Discuss re-screening frequency with your provider.													
Blood Pressure	At every provider visit and at least once every two years.													
Colorectal (Intestine) Cancer Fecal Occult Blood Test (FOBT), Sigmoidoscopy or Colonoscopy								For adults age 50-75. Discuss with your provider which tests work best for you: FOBT - Yearly Sigmoidoscopy - Every 5 years with FOBT every 3 years Colonoscopy - Every 10 years						
Depression	Screen at first provider visit. Screen every year after first visit. Your provider may screen more often, if needed.													
Obesity (Height, Weight, and BMI)	Screen at every provider visit or at least yearly.													
Type 2 Diabetes	At risk only													
Vision											Discuss needs with your provider.			
Hearing										Discuss needs with your provider.				
WOMEN														
Breast Cancer (Mammography)								Every 1 to 2 years						
Cervical Cancer (Pap Exam)		Pap every 3 years for women age 21-65; For women age 30-65, a Pap and HPV co-testing every 5 years												
Chlamydia/Gonorrhea/Other STI's that can lead to infertility	Yearly - All sexually active women, age 24 and younger and older women at risk													
Cholesterol	Cholesterol/Lipid screening recommended for women age 20 and older if at increased risk for coronary heart disease													
Osteoporosis											Screening for women age 65 and older and in younger women with high risk of bone fracture.			
MEN														
Cholesterol	Cholesterol/Lipid screening recommended for men age 20-35 if at increased risk for coronary heart disease				Recommended for all men age 35 and older. Discuss frequency with your provider.									
IMMUNIZATIONS (discuss with your provider about all recommended immunizations)														
Influenza (Flu)	1 dose yearly													
Pneumoccal (pneumonia)	1 or 2 doses for adults at high risk										1 dose of PCV13 and 1 dose of PPSV23			
Zoster (Shingles)										1 dose				
Tetanus, diphtheria, pertussis (Td/Tdap)	Tdap vaccine once, then a Td booster vaccine every 10 years													
Varicella (Chicken Pox)	2 doses													
HPV Vaccine for Women (age 11-26) and Men (age 11-21; age 22-26 with risk factors)	3 doses													
Measles, mumps, rubella (MMR)	1 or 2 doses													
Meningococcal								1 or more doses for high risk groups						
Hepatitis A								2 doses for high risk groups						
Hepatitis B								3 doses for high risk groups						
Haemophilus influenza type B (Hib)								1 dose or 3 doses for high risk groups						
COUNSELING - Your provider can help you improve your health by providing advice on topics, such as:														
Bicycle, motorcycle, skateboard and ATV helmet use	Not using/quitting tobacco and/or other substances					Unintended pregnancy					Family Violence and Intimate Partner Violence			
Dental health	Regular physical activity					Household, recreational, and motor vehicle injuries					Behavioral/Mental health counseling			
Family planning	Risks and benefits of prostate cancer screening (men)					Parenting skills					Suicide Prevention			
Healthy diet	Seat belt use					Stress management					Discuss Advance Directives to help make health care decisions			
	Sexually Transmitted Infection (STI) and HIV infection					Weight management								
These recommendations are intended to be guidelines. In some cases, it may be necessary to tailor the recommendations to meet the needs of the patient and their individual situation.														
Sources: Adapted from the Institute for Clinical Systems Improvement (ICS) recommendations (October 2014) and Centers for Disease Control and Prevention (CDC) - Advisory Committee on Immunization Practices (ACIP). The ICSI has endorsed the United States Preventive Services Task Force (USPSTF) recommendations for adults. (Revised 12/2015)														

Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English: (888) 275-8750 Español: (866) 648-3537 TTY/TDD: 711

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