

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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