

Check In with yourself. What positive steps are you taking to keep yourself healthy and happy?

Check Up Call your health care provider. Appointments and screenings are a simple step you can take to maintain and improve your health.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and Older
General Health Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH)	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
HIV test	Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Discuss with your doctor or nurse.
Heart Health Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone Health Bone density screen		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
Diabetes Blood glucose test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years	Every 3 years
Breast Health Mammogram (x-ray of breast)		Every 1-2 years; discuss with your doctor or nurse.	Every 1-2 years; discuss with your doctor or nurse.	Every 1-2 years; discuss with your doctor or nurse.
Clinical Breast exam	At least every 3 years starting in your 20s.	Yearly	Yearly	Yearly
Reproductive Health Pap test	Every two years starting at age 21. Women 30 and older, every 3 years.	Every three years	Every three years	Discuss with your doctor or nurse.
Pelvic exam	Yearly beginning at age 21. Younger than 21 and sexually active, discuss with your doctor or nurse.	Yearly	Yearly	Yearly
Chlamydia test	Yearly until age 25 if sexually active. Age 26 and older, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually Transmitted Infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
Mental Health Screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.

Adapted from www.WomensHealth.gov

Get Personal These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to meet your health care needs.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 or Older
Colorectal Health (use 1 of these 3 methods): Fecal occult blood test			Yearly	Yearly. Older than age 75, discuss with your doctor.
Flexible sigmoidoscopy (with fecal occult blood test)			Every 5 years	Every 5 years. Older than age 75, discuss with your doctor.
Colonoscopy			Every 10 years	Every 10 years. Older than age 75, discuss with your doctor.
Eye and Ear Health Complete Eye exam	At least once between the ages 20-29, at least twice between the ages 30-39, or any time that you have a problem.	Get an exam at age 40, then every 2-4 years or as your doctor advises.	Every 2-4 years or as your doctor advises.	Every 1-2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
Skin Health Mole exam	Monthly mole self-exam; by a doctor or nurse as part of a routine full checkup starting at age 20.	Monthly mole self-exam; by a doctor or nurse as part of a routine full checkup.	Monthly mole self-exam; by a doctor or nurse as part of a routine full checkup.	Monthly mole self-exam; by a doctor or nurse as part of a routine full checkup.
Oral Health Dental exam	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.
Immunizations Influenza vaccine	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-diphtheria booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Human papillomavirus (HPV) vaccine	Up to age 26, if not already completed the vaccine series; discuss with your doctor or nurse.			
Meningococcal vaccine	Discuss with your doctor or nurse if you are a college student or military recruit.			
Herpes zoster vaccine (to prevent shingles)			Starting at age 60, one time only. Ask your doctor or nurse if it is okay for you to get it.	Starting at age 60, one time only. Ask your doctor or nurse if it is okay for you to get it.