


Preventative Schedule

Plan your care: Know what you need and when to get it

Adults:
Ages 19+

 Female

 Male

General Health Care



Routine Checkup* (This exam is not the work- or school-related physical)

- Ages 19 to 49: Every 1 to 2 years
- Ages 50 and older: Once a year

Screenings / Procedures



Abdominal Aortic Aneurysm Screening

Ages 65 to 75 who have ever smoked:
One-time screening



Cholesterol (Lipid) Screening

- Ages 20 and older: Once every 5 years
- High-risk: More often



Colon Cancer Screening
(Including Colonoscopy)

- Ages 45 and older: Every 1 to 10 years, depending on screening test
- High-risk: Earlier or more frequently



Diabetes Screening

- Ages 40 and older, once every 3 years
- High-risk: Earlier or more frequently



Hepatitis C Screening

- Ages 18 to 79: Once
- High-risk: Earlier or more frequently



Latent Tuberculosis Screening

High-risk



Lung Cancer Screening

Ages 50 to 80 with 20-pack per year history: Once a year for current smokers, or once a year if currently smoking or quit within past 15 years



Mammogram

Ages 40 and older: Once a year including 3D



Osteoporosis (Bone Mineral Density) Screening

Ages 65 and older: Once every 2 years, or younger if at risk as recommended by physician

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Screenings / Procedures



Cervical Cancer Screening

- Ages 21 to 65 Pap: Every 3 years, or annually, per doctor's advice
- Ages 30 to 65: Every 5 years if HPV only or combined Pap and HPV are negative
- Ages 65 and older: Per doctor's advice



Sexually Transmitted Disease (STD) Screenings and Counseling (Chlamydia, Gonorrhea, HIV, and Syphilis)

- Sexually active males and females
- HIV screening for adults to age 65 in the general population and those at risk, then screening over age 65 with risk factors

Immunizations



Chicken Pox (Varicella)

Adults with no history of chicken pox: One 2-dose series



Diphtheria, Tetanus (Td/Tdap)

One dose Tdap, then Td or Tdap booster every 10 years



Flu (Influenza)

Every year



Haemophilus Influenzae Type B (Hib)

For adults with certain medical conditions to prevent meningitis, pneumonia, and other serious infections; this vaccine does not provide protection against the flu and does not replace the annual flu vaccine



Human Papillomavirus (HPV)

- To age 26: One 3-dose series
- Ages 27-45, at-risk or per doctor's advice



Measles, Mumps, Rubella (MMR)

One or two doses



Pneumonia

High-risk or ages 65 and older: One or two doses, per lifetime



Shingles

Shingrix - Ages 50 and older: Two doses per lifetime