

General Screening Guide

A Simple Reference for Staying Healthy at Every Stage of Life

Recommended Health Screenings

Blood Pressure

- All adults
- At least once a year

Bone Health

- Women 65 and older
- Men 70 and older
- Or younger with risk factors

Blood Sugar/ Diabetes

- Adults 35 and older or younger with risk factors
- Every three years or as recommended

Routine Blood Work

- Adults of all ages
- As recommended by a healthcare provider

Cholesterol

- Adults 20 and older
- Every four to six years

Vision & Hearing

- Adults of all ages
- Every one to two years

Immunizations

- All ages
- Including flu pneumonia shingles & COVID 19

Cancer Screenings

- Breast cancer women around age 40
- Colon cancer around age 45
- Prostate cancer men around age 50
- Skin cancer all ages especially outdoor workers

Helpful Reminders

- Keep a list of past screenings & test results
- Bring a medication list to appointments
- Ask questions & share concerns
- Plan ahead especially during winter months
- Write down appointment dates & follow up recommendations to stay on track

Factors That May Affect Screening Needs

Age

Family health history

Lifestyle such as smoking or activity level

Chronic health conditions

Occupation including outdoor or physical work

Access to care & transportation

A healthcare provider can help determine what screenings are right for you.