

# 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

## 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.*

## 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