



Preventive Health Guidelines

You can make a difference in your health. Lifestyle choices and health behaviors directly impact your health, well-being, and the quality of your life. Positive lifestyle choices include a balanced diet, weight management, stress management, and staying physically active. The following preventive care services and immunizations are recommended by the U.S. Preventive Services Task Force. We hope you find these guidelines useful when you schedule appointments with your provider.

Recommended Wellness Exams

Routine Physicals/ Wellness Exams	Recommended Schedule
0-18 months	2-7 days of age and at 2, 4, 6, 9, 12 and 15 months of age
2-6 years	Annually
7-18 years	Every 2 years
19-64 years	Every 1-3 years
65+ years	Annually

Be informed and involved.

- Set a regular schedule for your routine exams and screening tests.
- Work with your provider to decide the best combination of services and activities to meet your lifestyle and health needs.
- Enlist the support of family, friends and colleagues when making lifestyle changes to provide help and encouragement.

Recommended Screenings

Regular Screenings	Recommended Schedule
Blood pressure	Every 1-3 years for adults age 18 and older
Breast cancer screening	Every 1-2 years for women beginning at age 40
Cervical cancer screening	<p>Begin when sexually active, but no later than age 21, every 1-3 years</p> <p>Routine screening may discontinue:</p> <ul style="list-style-type: none"> • at age 65 if pap results have been normal, or • if you have had a hysterectomy for benign disease.
Cholesterol screening	<p>Men—beginning at age 35, every 1-5 years</p> <p>Women—beginning at age 45, every 1-5 years</p>
Colon cancer screening	<p>All men and women beginning at age 50. Screening options include: fecal occult blood test, sigmoidoscopy, double-contrast barium enema, or colonoscopy.</p> <p>Ask your doctor what is best for you.</p>
Depression screening	All adults
Obesity screening	All adults

