

PREVENTIVE CARE SCHEDULE

Routine health screening guidelines are listed below. Keep in mind that these are just general guidelines. Your health care provider may recommend screenings and tests sooner or more frequently based on age, health history, lifestyle, etc. Check with your insurance provider for preventive health care coverage information.

Screening	Recommendation
Full checkup, including weight and height	Annually; Discuss with health care professional.
Blood pressure test	At least every 2 years.
Cholesterol test	Start at age 20. Discuss frequency with health care professional.
Blood glucose test	Start at age 45 and test at least every 3 years. Discuss earlier testing with health care professional.
Prostate exam	Discuss with health care professional.
Mammogram (women)	Every 1-2 years after age 40.
Clinical breast exam (women)	At least every 3 years beginning around age 20.
Testicular exam (men)	Monthly self-exam and part of a general check-up.
Pap test (women)	Every 1-3 years if sexually active or over age 21.
Pelvic exam (women)	Yearly.
Colonoscopy	Every 10 years beginning at age 50 unless otherwise directed by health care professional.
Complete eye exam	Every 2-4 years after age 40 unless otherwise directed by health care professional.
Hearing test	Every 10 years beginning at age 18.
Skin exam	Monthly self exam and incorporated in a general check up at least every 3 years.
Dental exam	1-2 times per year.