



Be
proactive
about your healthcare needs.

Regular health screenings can help find problems before they start. Your primary care physician can help you determine what screenings are right for you.

**Scroll to the next page
for a list of recommended
screenings by gender.**



AGES 60+

MUST DO'S

Blood Pressure: Every healthcare visit

Eye Examination: Every 1-2 years; Contact lens wearers — annually

Obesity: Every healthcare visit

Cholesterol and Triglycerides: Every 1-5 years based on previous results

Diabetes: Every 3 years based on previous results

Colorectal Cancer: Colonoscopy recommended every 10 years

Glaucoma: Every 2 years beginning at age 65

Fall Screen: Every year beginning at age 65

Depression Screen: Every year beginning at age 60

FEMALE SPECIFIC EXAMS

Pap Smear: Every 5 years until age 65

Mammogram: Every 1-2 years

Bone Mineral Density: Once after age 65 to check for osteoporosis

MALE SPECIFIC EXAMS

Abdominal Aortic Aneurysm

(AAA): Once in men aged 65-75 who have ever smoked

Prostate Cancer: Discuss the need for screening with your doctor

RECOMMENDED

Discuss with your provider to see if the following screenings are appropriate for you:

Skin Cancer

IMMUNIZATIONS

Tetanus: Every 10 years

Influenza: Annual flu shot

Pneumococcal: Discuss the need with your doctor

Shingles: Once after age 60

Adult Preventive Healthcare Screening Glossary

Blood Pressure

Used to detect hypertension which can lead to heart attack, stroke, or kidney disease

Bone Mineral Density

Used to detect thinning of the bones and risk for fracture

Cholesterol and Triglycerides

Used to detect high cholesterol levels which increase risk of heart disease

Colonoscopy (or alternative)

A procedure using a scope to detect cancer of the colon and rectum

Diabetes

Blood test to measure level of blood sugar

Eye Examination

Used to determine if glasses are required and check for eye disease

Glaucoma

Several tests used to detect glaucoma, which causes optic nerve damage

Human Immunodeficiency Virus (HIV)

Used to detect HIV. Screening can be done using a blood test, oral fluid test or urine test.

Obesity

Body Mass Index (BMI) test used to diagnose obesity

Sexually Transmitted Disease (STD)

Used to detect various sexually transmitted diseases

Skin Check

Examination of skin surfaces to detect cancer

IMMUNIZATIONS (shots)

HPV

Protection against Human Papillomavirus (HPV) and the health problems that HPV infection can cause.

Influenza (flu)

Protection against the influenza virus

Pneumococcal

Protection against pneumonia

Shingles

Protection against shingles

Tetanus (dt)

Protection against infection after injury

FEMALE SPECIFIC EXAMS

Breast Exam

Self-exam, exam by physician

Examination to detect changes in breasts that may indicate cancer

Mammogram

Low-dose x-ray used to locate tumors for early detection of breast cancer

Pap Smear

Test that takes small sample of cells to detect cervical cancer or pre-cancer cells

MALE SPECIFIC EXAMS

Abdominal Aortic Aneurysm (AAA)

One-time ultrasonography to detect AAA.

Prostate Specific Antigen

Blood test used to detect cancer of the prostate gland.

Testicular Exam

Self-exam, exam by physician

Examination to detect changes in testicles that may indicate cancer