

Teens & Adults		Teens: 11-18 years							Adults: 19-65+ years									
		11	12	13	14	15	16	17	18	19	20	21-25	30	35	40	45	50	55
Exams	Physical Exam - Height, Weight, Blood Pressure and Skin Cancer Screen	Annually							Every 1-2 years									
	Breast Exam by Doctor								Annually									
	Self Breast Exam								Monthly									
Tests	Cholesterol Routine Screening								Every 1-5 years									
	Diabetes Screening ¹								Annually									
	Women – Mammogram								Annually									
	Women – Pelvic Exam/Pap Test	Annually, if sexually active (11-18)							Every 1-3 years, as recommended by your doctor									
	Colon Cancer Screening²																	
	- Stool Occult Blood								Annually									
	- Sigmoidoscopy								Every 5 years									
	- Colonoscopy								Every 10 years									
	Thyroid Stimulating Hormone (TSH)								Age 65									
Immunizations	Diphtheria, Tetanus (Td/Tdap) ³	Tdap							Every 10 years									
	HPV ⁴	3 doses																
	Meningococcal (MCV4)	MCV4																
	Pneumococcal (PPV) ⁵								As recommended by your doctor									
	Zoster								1 time									
	Influenza	Annually, as recommended by your doctor																

These guidelines are based on recommendations from the following: U.S. Preventive Services Task Force, American Cancer Society, U.S. Centers for Disease Control, American Academy of Pediatrics, American Academy of Family Physicians and the American College of Obstetricians and Gynecologists, 2010.

¹ For higher-risk individuals (those with high blood pressure, elevated cholesterol, coronary artery disease or who are obese/overweight, earlier screening may be necessary).

² For those with family history of colorectal cancer, screening should begin by age 40.

³ Substitute one-time dose of Tdap for Td booster. Boost with Td every 10 years.

⁴ A complete series consists of three doses. The second dose two months after first, the third six months after first.

⁵ The Pneumococcal vaccine can be given every 10 years as recommended by your doctor.



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