



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	60	65+	
Exams	Physical Exam - Height, Weight, Blood Pressure and Skin Cancer Screen	Every 1 - 2 years																			
	Blood Pressure	Regularly, as recommended by your doctor																			
	Self Breast Exam	Monthly																			
Tests	Cholesterol Routine Screening	Every 1 - 5 years																			
	Diabetes Screening <sup>1</sup>	Annually																			
	Women – Mammogram	Biennial, ages 50-74																			
	Women – Pelvic Exam/Pap Test	Every 3 - 5 years, as recommended by your doctor																			
	<b>Colon Cancer Screening<sup>2</sup></b>																				
	- Stool Occult Blood	Annually																			
	- Sigmoidoscopy	Every 5 years																			
	- Colonoscopy	Every 10 years																			
	Thyroid Stimulating Hormone (TSH)	Age 65																			
Immunizations	Diphtheria, Tetanus (Td/Tdap) <sup>3</sup>	Tdap							Every 10 years												
	Meningococcal (MenACWY)	MenACWY							Booster												
	HPV Females <sup>4</sup> and Males <sup>4</sup>	HPV (3 doses)							HPV (3 doses) (if not received as a child)												
	Pneumococcal (PCV13 and PPSV23)	1 dose																			
	Zoster	1 dose																			
	Influenza	Annually																			

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.

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

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

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

<sup>4</sup> A complete series consists of three doses. The second dose two months after first, the third six months after first, if you did not receive the 3-shot series as a child. If receiving as an adult male, three doses should be administered between the ages of 19-21.

For more information on prevention and wellness, visit our website at [BlueKC.com](http://BlueKC.com).