

## Health Check List Page

Your health is your most important asset.

All aspects of your life can be affected by good or poor health. Preventative healthcare is the best way to assure you live a long, healthy and fulfilling life. It's also a great way to reduce medical costs down the road for unexpected medical concerns that could have been identified through routine screenings and check-ups.

To keep you healthy and active, we've put together the following checklist for preventative health for every stage of your life.

### Infants (Age 0 – 11 Months)

- Hepatitis B vaccination (3 times)
- Rotavirus vaccination (2-3 times)
- Dtap vaccination– Diphtheria, tetanus, acellular and pertussis (3 times)
- Hib vaccination (3 times)
- Pneumococcal conjugate vaccination (3 times)
- Inactivated poliovirus vaccination (3 times)
- Flu shot (beginning 6 months and older - annual)

### Toddlers & Children (Age 1 – 5)

- Dtap – Diphtheria, tetanus, acellular and pertussis (2 times)
- Hib vaccination (once)
- Pneumococcal conjugate vaccination (once)
- Inactivated poliovirus vaccination (once)
- MMR – measles, mumps and rubella vaccination (twice)
- Varicella vaccination (twice)
- Hepatitis A vaccination (2 times)
- Annual well check

### Children & Pre-Teen (Age 5 – 12)

- Dtap – Diphtheria, tetanus, acellular and pertussis (once, booster every 10 years)
- Meningococcal vaccination (once)
- HPV vaccination (3 times) (3 times between age 12-26)
- Annual well check

## Teens (Age 13– 19)

- Meningococcal vaccination (once)
- Age 18 or if sexually active, STD tests including chlamydia, gonorrhea, HIV and syphilis\*
- Flu shot (annually)
- HPV vaccination (if not previously vaccinated)
- MMR – measles, mumps and rubella vaccination
- Annual well check

## 20s

- Blood pressure test (every 2 years or annual if you have high blood pressure)
- Pap smear (every 3 years)
- Regular cholesterol tests if at high risk for heart disease
- STD tests including chlamydia, gonorrhea, HIV and syphilis if sexually active, pregnant or at increased risk\*
- Diabetes screening if you have high blood pressure
- Flu shot (annually)
- Annual well check (1-3 years depending on risk factors)

## 30s

- Pap smear and HPV test (every 3 years)
- Blood pressure test (every 2 years or annual if you have high blood pressure)
- Regular cholesterol tests if at high risk for heart disease
- STD tests including chlamydia, gonorrhea, HIV and syphilis if sexually active, pregnant or at increased risk
- Diabetes screening if you have high blood pressure
- Flu shot (annually)
- Annual well check (1-3 years depending on risk factors)

## 40s

- Blood pressure test (every 2 years or annual if you have high blood pressure)
- Mammogram (every 5 years)
- Pap smear and HPV test (every 5 years)
- Regular cholesterol tests if at high risk for heart disease
- Colorectal cancer screening if at high risk or have medical history
- STD tests including chlamydia, gonorrhea, HIV and syphilis if sexually active, pregnant or at increased risk
- Diabetes screening if you have high blood pressure
- Flu shot (annually)
- Annual well check (1-3 years depending on risk factors)

## 50s

- Blood pressure test (every 2 years or annual if you have high blood pressure)
- Mammogram (every 2 years)
- Bone mineral density test for osteoporosis if at risk
- Pap smear and HPV test (every 5 years)
- Regular cholesterol tests if at high risk for heart disease
- Colorectal cancer screening (at age 50)
- STD tests including chlamydia, gonorrhea, HIV and syphilis if sexually active, pregnant or at increased risk
- Diabetes screening if you have high blood pressure
- Flu shot (annually)
- Annual well check
- Testicular and prostate cancer screening

## 60s

- Blood pressure test (every 2 years or annual if you have high blood pressure)
- Bone mineral density test for osteoporosis (at age 65)
- Mammogram (every 2 years)
- Regular cholesterol tests if at high risk for heart disease
- Colorectal cancer screening
- Diabetes screening if you have high blood pressure
- Flu shot (annually)
- HZV – herpes zoster vaccination (once)
- Pneumococcal vaccination (2 different types after 65)
- Annual well check
- Eye exam (every 1-2 years)

## 70s

- Blood pressure test (every 2 years or annual if you have high blood pressure)
- Mammogram (ask provider after age 75 if necessary)
- Regular cholesterol tests if at high risk for heart disease
- Diabetes screening if you have high blood pressure
- Flu shot (annually)
- Annual well check
- Eye exam (every 1-2 years)

\*Not a routine screening, but available upon request and recommended if sexually active.