

Adult Screening and Preventative Care Guide 2020

General
 Women's Health
 Men's Health

SCREENING	FREQUENCY, AGES 18-49	FREQUENCY, AGES 50-75
Blood Sugar, Diabetes	every 3 years after age 40, earlier if you have hypertension, obesity, family history of diabetes, or are African-American, Asian/Pacific Islander, American Indian, or Native Alaskan	every 3 years
Blood Pressure	every 3 years; every year after age 40 or if African-American or overweight	every year; every 3 months if diabetic
Body Mass Index (Obesity Screening)	every year	every year
Cholesterol	every 5 years after age 35; earlier starting age 20 if you smoke, have diabetes, hypertension, obesity, or family history of heart disease	every 5 years; every year if diabetic
HIV	1-time universal screening, or prenatal and risk-factor based screenings	1-time universal screening up to age 65, or risk-factor based screenings
Hepatitis B	prenatal, immunocompromised, foreign-born, or risk-factor based screenings, if no prior vaccinations or documented immunity	immunocompromised, foreign-born, or risk-factor based screenings, if no prior vaccinations or documented immunity
Hepatitis C	risk-factor based screening	1-time universal screening if you were born between 1945–1965, or risk-factor based screening
Colon Cancer	no routine screening recommended, depends on your individual and family history	age 50–75: colonoscopy every 10 years, sigmoidoscopy every 5 years, or annual testing for blood in stool
Lung Cancer	no routine screening recommended	age 55–80: screen annually for those with a 30 pack-years* smoking history AND are either a current smoker or have quit within last 15 years
Breast Cancer	no routine screening recommended, depends on your individual and family history	age 50–74: every 2 years
Cervical Cancer	age 21–64: every 3 years PAP; after age 30: every 3 years PAP or every 5 years PAP if negative HPV co-testing	every 5 years PAP if negative HPV co-testing; stop at age 65 if previous screenings normal and up-to-date
Bone Density (Osteoporosis Screening)	no routine screening recommended	Women age 65 and older: 1-time screen
Chlamydia	every year until age 25, if sexually active	no routine screening recommended
Abdominal Aortic Aneurysm (AAA Screening)	No routine screening recommended	age 65–75: 1-time screen if you have ever smoked

*30 years of 1-pack a day, 15 years of 2-packs day, 60 years of half-pack a day, or similar combination

IMMUNIZATION	FREQUENCY
Flu	Every year
Pneumonia (2 vaccine types needed)	Prevnar (PCV13): 1 dose age 65 or older, or earlier if immunocompromised Pneumovax (PPV23): 1 dose at least 1 year after PCV13, or earlier if immunocompromised
Human Papillomavirus (HPV)	Female age 11-26 only: 2-3 doses; male age 11-21 only: 2-3 doses
Hepatitis B (HBV)	3 doses
Measles-Mumps-Rubella (MMR)	1-2 doses or demonstrated immunity, up to age 60
Varicella or Chicken pox (VZV)	2 doses or demonstrated immunity
Shingles (HZV)	2 doses of Shingrix age 50 and older or 1 dose of Zostavax age 60 and older (Shingrix is preferred). (for older adults, may only be covered under Medicare Part D at a commercial pharmacy)
Tetanus-Diphtheria-Pertussis (2 vaccine types needed)	Tdap: at least 1 dose for all adults over age 18 and with every pregnancy for women TD: a booster every 10 years (for older adults, may only be covered under Medicare Part D at a commercial pharmacy)