

# Preventive Screening Checklist

Age-based preventive health screenings for adults — a planning guide

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## SCREENINGS FOR ADULTS 18–39

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- Blood pressure: every 1–2 years (annually if elevated or family history)
- Cholesterol (lipid panel): baseline in 20s; every 5 years if normal
- Blood glucose (fasting or HbA1c): every 3 years if overweight/family history
- BMI and weight: annually at health visit
- Cervical cancer (Pap smear): every 3 years starting at age 21
- STI screening: as recommended based on risk factors
- Dental exam and cleaning: every 6–12 months
- Eye exam: every 2 years or as needed
- Mental health screening: at annual visit if symptoms present
- Skin check: annually if high sun exposure or family history of melanoma

## SCREENINGS FOR ADULTS 40–49

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- All previous screenings continued
- Blood glucose: every 1–3 years (more often if risk factors present)
- Cholesterol: every 1–5 years based on results and risk
- Thyroid (TSH): consider baseline, especially women over 40
- Mammogram: discuss with doctor — annual or biennial starting at 40
- Colorectal cancer screening: discuss starting at 45
- Vitamin D: screen if fatigue, bone pain, or limited sun exposure
- Ferritin / iron: screen if fatigue, hair loss, or heavy periods (women)
- Blood pressure: annually or more often if elevated

## SCREENINGS FOR ADULTS 50–64

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- All previous screenings continued
- Colorectal cancer: colonoscopy every 10 years, or stool-based test annually
- Lung cancer: annual low-dose CT scan if 20+ pack-year smoking history
- Osteoporosis (DEXA bone density): women at 65; earlier with risk factors
- Abdominal aortic aneurysm (AAA): one-time ultrasound for men 65–75 who smoked
- Hearing test: every 3–5 years or if concerns arise
- Shingles vaccine: at age 50 (Shingrix, 2-dose series)
- HbA1c: annually if prediabetes or diabetes risk factors

## SCREENINGS FOR ADULTS 65+

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- All previous screenings continued
- Bone density (DEXA): women at 65; repeat every 2 years if osteopenia found
- Cognitive screening: at annual wellness visit
- Fall risk assessment: annually
- Vision and hearing: annually
- Blood pressure: at every healthcare visit
- Flu vaccine: annually

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- **Pneumonia vaccine: as recommended by your doctor**
- **Review all medications for interactions at least annually**

## VACCINES TO STAY CURRENT ON

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- Flu (influenza): annually for all adults
- Tdap (tetanus/diphtheria/pertussis): once, then Td booster every 10 years
- COVID-19: as recommended by current guidelines
- Shingles (Shingrix): 2-dose series at age 50+
- Pneumococcal: at 65+ or earlier if immune conditions present
- Hepatitis B: 3-dose series if not previously vaccinated
- HPV: through age 26; 27–45 discuss with doctor

## HOW TO USE THIS CHECKLIST

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- Bring this list to your annual physical and check off completed screenings
- Ask your doctor which screenings are most important for YOUR risk profile
- Note the date and result of each completed screening
- Schedule any overdue screenings before leaving the appointment
- This list reflects general guidelines — your doctor may recommend different timing based on your family history, symptoms, and individual risk factors