

## Preventive Screening Guidelines for Healthy Adults

Getting preventive care is one of the most important steps you can take to manage your health. That's because when a condition is diagnosed early, it is usually easier to treat. And regular checkups can help you and your doctor identify lifestyle changes you can make to avoid certain conditions.

Please see the screening guidelines below to see if you're up-to-date.

Routine Checkups	18-29 years	30-39 years	40-49 years	50-64 years	65+ years
Includes personal history; blood pressure; body mass index (BMI); physical exam; preventive screening; and counseling	Annually for ages 18–21			Annually	Annually
	Every 1–3 years, depending on risk factors <sup>1</sup>				
Cancer Screenings	18-29 years	30-39 years	40-49 years	50-64 years	65+ years
Colorectal Cancer	Not routine except for patients at high risk <sup>1</sup>			Colonoscopy at age 50 and then every 10 years, or annual fecal occult blood test (FOBT) plus sigmoidoscopy every 5 years, or double-contrast barium enema every 5 years	
Skin Cancer	Periodic total skin exams every 3 years at discretion of clinician		Annual total skin exam at discretion of clinician		
Breast Cancer (any patient with breast tissue)	Annual clinical breast exam and monthly self-exam				
			Annual mammography at discretion of clinician	Annual mammography	Annual mammography at discretion of clinician

Cervical Cancer (any patient with an intact cervix)	Initiate Pap test at 3 years after first sexual intercourse, or by age 21 every 1-3 years <sup>2</sup> , depending on risk factors <sup>1</sup>				
Testicular and Prostate Cancer (any patient with intact testicles and/or prostate)	Clinical testicular exam at each health maintenance visit and monthly self-exam			Annual Digital Rectal Exam (DRE) or prostate-specific antigen (PSA) blood test at discretion of clinician	
			Digital Rectal Exam (DRE) or prostate-specific antigen (PSA) blood test if at high risk <sup>1</sup>		
Other Recommended Screenings	18-29 years	30-39 years	40-49 years	50-64 years	65+ years
Body Mass Index (BMI)	At discretion of clinician (can be screened annually for overweight and eating disorders, consult the CDC's growth and BMI charts)				
Blood Pressure (Hypertension)	At every acute/non-acute medical encounter and at least once every 2 years				
Cholesterol	Every 5 years or more often at discretion of clinician				
Diabetes (Type 2)			Every 3 years, beginning at age 45 or more often and beginning at a younger age if family risk factors and/or at discretion of clinician		
Bone Mass Density (BMD) Test			Consider your risk factors and discuss with your clinician. BMD testing for all post-menopausal women who have one or more risk factors for osteoporosis fractures.	BMD test once, or more often at discretion of clinician	

Infectious Disease Screening	18-29 years	30-39 years	40-49 years	50-64 years	65+ years
Sexually Transmitted Infections (Chlamydia, Gonorrhea, Syphilis, HIV and HPV)	<p>Annual screenings for sexually active patients under 25; annually for patients age 25 and over if at risk<sup>1</sup></p> <p>HIV screening for all patients once between age 15-65. Discuss your risk with your clinician to determine an appropriate subsequent testing schedule.</p> <p>HPV is for age 26 and under, if not previously vaccinated.</p> <p>The following screening tests and vaccinations may be appropriate depending on your age and/or risk: HIV test (HIV/AIDS); Hepatitis A, B, and C tests; Tuberculosis skin test; and Measles, Mumps, Rubella, and Hepatitis A and B vaccines.</p>				
Sensory Screenings	18-29 years	30-39 years	40-49 years	50-64 years	65+ years
Eye Exam	At least once. Every 3–5 years if at risk <sup>1</sup>		Every 2–4 years		Every 1–2 years
Hearing and Vision Assessment	At discretion of clinician				

1. Contact your physician to determine if you are at risk.
2. Pap test may be performed at three-year intervals only after three consecutive negative results.

Source: Adapted from materials obtained from the following websites;  
[https://www.bluecrossma.com/wps/portal/members/healthier-living/manage-my-health/screening-guidelines-adults/!ut/p/c4/04\\_SB8K8xLLM9MSSzPy8xBz9CP0os3i\\_YA-LMG93QwN\\_\\_xBDA0\\_3YN\\_AMGcXQwNLY\\_2CbEdFAM\\_u-jA!/](https://www.bluecrossma.com/wps/portal/members/healthier-living/manage-my-health/screening-guidelines-adults/!ut/p/c4/04_SB8K8xLLM9MSSzPy8xBz9CP0os3i_YA-LMG93QwN__xBDA0_3YN_AMGcXQwNLY_2CbEdFAM_u-jA!/) and  
<http://www.uspreventiveservicestaskforce.org/uspstf13/hiv/hivfact.pdf>