

	19-29 Years	30-39 Years	40-49 Years	50-64 Years	65 Years +
General					
Health Maintenance Visit				Annually	
Height/Weight Measurement				Annually	
Clinical Breast/Testicular Exam				Annually	
Oral Health				Assessment by dentist every 6 months	
Hearing Assessment				Annually	
Vision Assessment				Annually	
Screenings					
Mammogram		Not routine unless high risk		Annually	
Pelvic Exam/Pap Smear				1st by age 21. Every 1-3 years or @ Physician Recommendation	
Fecal Occult Blood Test (FOBT)				Annually	
Sigmoidoscopy				Every 5 years	
Colonoscopy				Every 10 years or @ Physician Recommendation	
Digital Rectal Exam (DRE)				@ Physician Recommendation	
Prostate Specific Antigen (PSA)				@ Physician Recommendation	
Skin Cancer		Every 3 Years		Annually	
Body Mass Index (BMI)				Annually	
Hypertension				Annually	
Cholesterol				Every 5 Years or @ Physician Recommendation	
Diabetes/Blood Sugar				Every 3 Years	
Liver Function				@ Physician Recommendation	
Osteoporosis/Bone Density Screening				Starting at age 19 @ Physician Recommendation	
STDs				Annually For Sexually Active Individuals With More Than One Partner	
HIV				Annually For Sexually Active Individuals With More Than One Partner	
Hepatitis B and C				@ Physician Recommendation	
Tuberculosis (TB)				Every 2 Years or @ Physician Recommendation	
Depression				Annually	
Dementia			@ Physician Recommendation		Annually
Immunizations					
Influenza				Annually	
Pneumococcal				Once Before and Once After Age 65	
Hepatitis B				Once. Reevaluate Every 5 Years	
Hepatitis A				Once or @ Physician Recommendation	
Tetnus				Once. Booster every 10 Years	
Measles, Mumps, and Rubella		Once			Not Routine
HPV Vaccine	Once By Age 26				
Chicken Pox Vaccine				Once	
Shingles Vaccine					Once after age 60

		Male		Female
General				
Health Maintenance Visit				
Height/Weight Measurement				
Clinical Breast/Testicular Exam				
Oral Health				
Hearing Assessment				
Vision Assessment				
Screenings				
Mammogram				
Pelvic Exam/Pap Smear				
Fecal Occult Blood Test (FOBT)				
Sigmoidoscopy				
Colonoscopy				
Digital Rectal Exam (DRE)				
Prostate Specific Antigen (PSA)				
Skin Cancer				
Body Mass Index (BMI)				
Hypertension				
Cholesterol				
Diabetes/Blood Sugar				
Liver Function				
Osteoporosis/Bone Density Screening				
STDs				
HIV				
Hepatitis B and C				
Tuberculosis (TB)				
Depression				
Dementia				
Immunizations				
Influenza				
Pneumococcal				
Hepatitis B				
Hepatitis A				
Tetanus				
Measles, Mumps, and Rubella				
HPV Vaccine				
Chicken Pox Vaccine				
Shingles Vaccine				