

2021

PREVENTIVE CARE GUIDE

FOR YOU AND YOUR FAMILY



♂ Male ♀ Female

PREVENTIVE CARE SERVICE AND TIMING			WHAT IS RECOMMENDED IF YOU ARE...				
			18-29	In Your 30s	In Your 40s	In Your 50s	60 and Older
Screenings and Exams (associated with routine office visits)	Bone density screening	♂♀ By risk and physician recommendation				Have one or more risk factors for osteoporosis, or experienced a broken bone	Postmenopausal: Consider a bone density screening if you are 65 or older
	Chlamydia and Gonorrhea testing	♂♀ Ages 16-24: get a chlamydia test if sexually active		Over age 24, only if increased risk factors are present			
	Cholesterol screening /lipid panel	♂♀ Every 5 years		If increased cardiac risk			
	Colon Cancer screening	♂♀ Ages 45-74: Get a colon cancer screening					
	Mammogram	♀ Every 2 years				If parent or sibling had breast cancer	
	Pap Screening	♀ Age 21-30: Get a pap test every 3 years. Age 31-65: Get a combined pap and HPV test every 5 years.					
Immunizations (associated with routine office visits)	Flu Shot	♂♀ Every year					
	COVID-19 vaccine	♂♀ Timing still pending Center for Disease Control and Prevention recommendations*					
	HPV vaccine	♂♀ Age 26 and under: Get two or three doses					
	Meningococcal conjugated vaccine (MCV4)	♂♀ College students living in a dorm, if not already immunized by family clinician					
	Pneumonia vaccine (PCV-13 and PPSV23)	♂♀ Twice over the age of 50. If other health conditions are present, speak with your doctor.					
	Shingles vaccine	♂♀ Once at age 65. If other health conditions are present, speak with a doctor.					
	Tetanus/diphtheria (Td) booster	♂♀ Every 10 years					
Wellness Office Visits and Exams	Advance Directives	♂♀ Complete your healthcare power of attorney or living will					
	Routine office visit and exam	♂♀ Every Year with your doctor or registered nurse					

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WELL-CARE FOR YOUR DEPENDENT CHILDREN



♂ Male ♀ Female

WHAT IS RECOMMENDED...						
Wellness Office Visits and Exams	0-12 months		12-24 months		24 months through 18 years old	
Six visits (every other month)	✓					
Three visits (every 4 months)			✓			
Annual visit (once a year)						✓
Immunizations (associated with routine office visits)	One Dose	Two Doses	Three Doses	Four Doses	Five Doses	
Hepatitis A		✓				
Hepatitis B			✓			
Diphtheria, tetanus, pertussis (DtaP) (whooping cough)					✓	
Tdap	✓ At age 7-10					
Haemophilus influenzae type B (dosage depends on brand)			✓ If taking PedvaxHIB	✓ If taking ActHIB, Hiberix or Pentacel		
Polio				✓		
Pneumococcal (respiratory infection)				✓		
Varicella (chickenpox)		✓				
Measles, mumps, rubella		✓				
Flu shot (each year)	✓ Yearly	✓ Two shots separately in the first year				
COVID-19 vaccine <small>Timing still pending Center for Disease Control and Prevention recommendations*</small>	✓ Johnson & Johnson	✓ Pfizer or Moderna				
Meningitis vaccine (MCV4)		✓ Between ages 11-12 ✓ At age 16				
Rotavirus vaccine			✓			
HPV vaccine <small>2 or 3 doses, depending on age</small>		✓	✓ Between ages 9-26			
Screenings and Exams (associated with routine office visits)	0-12 months	12-24 months	2-6 years old	6-10 years old	10-14 years old	14-18 years old
Hearing screening (at time of well-child visit)			✓ Yearly starting at age 4	→		
Vision screening (at time of well-child visit)	By 6 months		✓ Yearly starting at age 3	→		
Chlamydia test						♀ ✓ Ages 16-24 if sexually active
Dental screening and cleaning	At 12 months	→				

* Everyone 12 years of age and older is now eligible to get a COVID-19 vaccination. Get a COVID-19 vaccine as soon as you can. Widespread vaccination is a critical tool to help stop the pandemic. COVID-19 vaccines may be administered to most people with underlying medical conditions. Talk to your healthcare provider if you have any concerns.