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Typically, men and women should have a routine, preventive physical every year beginning at age 18. The following chart shows some common health screenings and immunizations your doctor is likely to discuss with you during the exam. Your doctor may request that you visit a lab prior to your appointment to have certain blood tests and/or urinalysis, or may recommend additional preventive screenings.

If pregnant, recommendations may vary. Speak with your provider for recommendations.

Screenings

 Male  Female

PREVENTIVE CARE SERVICE		RECOMMENDED SCHEDULE
Weight Height Body Mass Index (BMI)	 	At every physical
Blood Pressure	 	Yearly if age 40 and older (or at any age if at increased risk for high blood pressure) Every 5 years if ages 18 to 39
Diabetes	 	Every 3 years if age 45 and older (at any age if blood pressure over 135/80 or age 35 and over in adults who are higher risk due to obesity)
Cholesterol	 	Every 5 years beginning at age 35 (beginning at age 20 if at increased risk for heart disease)
Abdominal Aortic Aneurysm		One-time screening for men ages 65 to 75 who have ever smoked
Cervical Cancer		Ages 21 to 29: every 3 years Ages 30 to 65: every 3 to 5 years Screening interval may vary based on age, test performed and medical conditions.
Osteoporosis	 	Ages 65 and over (earlier if post-menopausal with fractures) Frequency depends on provider's recommendations. Ages 50 to 70 , if risk factors are present
Colon Cancer	 	Ages 45 and over Risk, screening methods and intervals may vary. Speak with your provider.
Breast Cancer		Ages 40 and over Screening may vary based on risk. Speak with your provider.
Prostate Cancer		Ages 55 to 69; speak with your provider.
Lung Cancer	 	Ages 50 to 80 For those who have a 20 pack-year smoking history; and currently smoke or have quit within the past 15 years
Skin Cancer	 	Do a home/self skin check yearly and seek care for any new or changing skin spot or mole.
Infectious Disease (STD)	 	Chlamydia/gonorrhea: Sexually active women age 24 years and younger and in older women who are at increased risk for infection HIV: Ages 15 to 65 years: screen in all pregnant persons; younger adolescents and older adults who are at increased risk of infection should also be screened Hepatitis C: Ages 18 to 79 years; most adults will only need to be screened once
Depression	 	Yearly, beginning at age 18
Hearing	 	Yearly, beginning at age 65
Dental	 	Every 6 months
Vision	 	Yearly

Immunizations

PREVENTIVE CARE SERVICE		RECOMMENDED SCHEDULE
Influenza (Flu)	♂ ♀	Every year
COVID	♂ ♀	Speak with your provider.
Herpes Zoster (Shingles)	♂ ♀	At age 50 or over
Pneumococcal (Pneumonia)	♂ ♀	At age 65 or over Recommendations may change based on chronic conditions. Speak with your provider.
Human Papilloma Virus (HPV)	♂ ♀	Ages 11 to 26: discuss with your provider (<i>2-3 doses depending on age of first vaccine</i>) Ages 27 to 45: based on provider's recommendation
Tetanus Diphtheria Pertussis (TdAP/Td)	♂ ♀	TdAP vaccine once, then a Td booster every 10 years
RSV	♂ ♀	Ages 60 or over Seasonally for pregnant women at 32 to 36 weeks of gestation
Meningococcal	♂ ♀	Ages 19-23 Varies by vaccine type; speak with your provider.