

Recommended Health Screenings for Adults by Age

CONCERN	TYPE OF SCREENING	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65 & OLDER
Bone Health (Women)	Bone density screen		Discuss with your physician	Discuss with your physician	Get a bone mineral density test at least once. Talk to your physician about repeating.
Breast Health (Women)	Clinical breast exam	At least every 3 years starting in your 20s	Yearly	Yearly	Yearly
	Mammogram		Discuss with your physician	Every 2 years until age 75	Every 1–2 years; Discuss with your physician
Colorectal Health	Fecal occult blood test		Yearly starting at age 45	Yearly	Yearly
	Flexible Sigmoidoscopy		Every 5 years starting at age 45 (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
	Colonoscopy		Every 10 years starting at age 45	Every 10 years unless doctor recommends more frequent screens	Every 10 years unless doctor recommends more frequent screens
Diabetes	Blood sugar test	Start at age 35 if overweight or obese, then every three years if normal	Start at age 45 if not overweight or obese, then every 3 years	Every 3 years	Every 3 years
Eye and Ear Health	Eye exam	At least every 2 years for low risk individuals Yearly for high risk	At least every 2 years for low risk individuals Yearly for high risk	At least every 2 years for low risk individuals Yearly for high risk	Yearly
	Hearing test	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
General Health	Full checkup, including weight and height	Yearly	Yearly	Yearly	Yearly
	Thyroid test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health	Blood pressure test	Yearly	Yearly	Yearly	Yearly
	Cholesterol test (fasting lipoprotein profile)	Every 5 years starting at age 20	Women Every 5 years if normal Men Ages 40-44 Every five years if normal Age 45-49 Every 1-2 years if normal	Women Ages 50-54 Every five years if normal Ages 55-64 Every 1-2 years if normal Men Every 1-2 years if normal	Yearly
Hepatitis C	Screening	Once between ages 18 and 79			

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Lung Cancer	Screening			Anyone age 50 and older who has smoked the equivalent of one pack a day for at least 20 years should have an annual chest CT Scan	
Oral Health	Dental exam	Once or twice every year	Once or twice every year	Once or twice every year	Once or twice every year
Mental Health	Evaluation for concerns such as Addiction, Anxiety, Depression, Eating Disorders	Discuss with your physician	Discuss with your physician	Discuss with your physician	Discuss with your physician
Prostate Health (Men)	Digital Rectal Exam (DRE)		Discuss with your physician	Every 5-10 years	Every 5-10 years
	Prostate-Specific Antigen (PSA) Blood Test		Discuss with your physician	Discuss with your physician	Discuss with your physician
Reproductive Health (Men)	Testicular exam	Monthly self-exam; also part of a general checkup	Monthly self-exam; also part of a general checkup	Monthly self-exam; also part of a general checkup	Monthly self-exam; also part of a general checkup
Reproductive Health (Women)	Pap test	Every three years starting at age 20	Every 1–3 years	Every 1–3 years	Discuss with your physician
	Pelvic exam	Yearly	Yearly	Yearly	Yearly
Skin Health	Mole exam	Monthly self-exam; by a doctor every 3 years, starting at age 20	Monthly self-exam; by a doctor as part of a general checkup	Monthly self-exam; by a doctor as part of a general checkup	Monthly self-exam; by a doctor as part of a general checkup
STI/HIV	Blood/Urine/Swab	Regular testing for sexually transmitted infections, including HIV, is based on sexual activity and other risk factors.			

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