

Your Guide to Health Screenings

WOMEN

Age	Timing	Screening
20s and 30s	Once/month	Breast self-exam
	Once/year	Blood pressure, height, weight, body mass index (BMI) Breast self-exam Cardiovascular evaluation Comprehensive physical exam Depression screening Skin cancer screening Human papilloma virus (HPV) test
	Every 2-5 years as recommended by your primary care provider	Blood glucose test Eye exam Pap test
	Every 5 years	Cholesterol
	As needed and recommended by your provider	Sexually transmitted diseases (STD) tests
<i>All of the above screenings, plus the following:</i> 40s	Once/year	Mammogram
	Every 2-5 years as recommended by your primary care provider	Cholesterol
	Every 10 years	Colonoscopy
<i>All of the above screenings, plus the following:</i> 50s	Every 5 years	Bone density test Thyroid panel
	Every 10 years	Cardiac calcium scoring Hearing test
<i>All of the above screenings, plus the following:</i> 60s	Once/year	Dementia and Alzheimer's screening

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Age	Timing	Screening
20s and 30s	Once/month	Testicular self-exam
	Once/year	Blood pressure, height, weight, body mass index (BMI) Breast self-exam Cardiovascular evaluation Comprehensive physical exam Depression screening Skin cancer screening Testicular cancer screening
	Every 2-5 years as recommended by your primary care provider	Blood glucose test Eye exam
	Every 5 years	Cholesterol
	As needed and recommended by your provider	Fertility testing Sexually transmitted diseases (STD) tests
<i>All of the above screenings, plus the following:</i> 40s	Every 2-5 years as recommended by your primary care provider	Cholesterol
	Every 10 years	Colonoscopy
<i>All of the above screenings, plus the following:</i> 50s	Once/year	Cholesterol Low-dose lung CT scan
	Every 10 years	Cardiac calcium scoring Hearing test
	As needed and recommended by your primary care provider	Bone density test
<i>All of the above screenings, plus the following:</i> 60s	As needed and recommended by your primary care provider	Abdominal aortic aneurysm (AAA) Prostate specific antigen (PSA) screening
	Once/year	Dementia and Alzheimer's screening