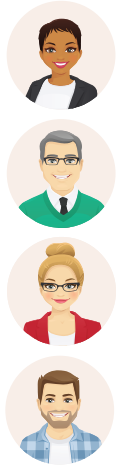
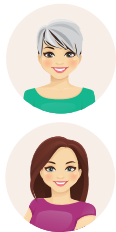


# Health Screening Guidelines\*



WOMEN & MEN	Screening	Purpose	20-29	30-39	40-49	50-59	60+
	<b>Cholesterol, HDL, LDL and triglycerides</b>	<i>Identify people at high risk for coronary artery disease</i>	Every 5 years depending on risk	Every 5 years depending on risk	Every 1-3 years depending on risk	Annually	Annually
	<b>General Physical Exam</b>	<i>Detect conditions before symptoms develop</i>	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
	<b>Immunizations</b>	<i>Create immunity against a particular disease</i>	<b>Diphtheria-Tetanus</b> , every 10 years. <b>Rubella</b> , once if necessary (females only). <b>Influenza</b> , annually. <b>Pneumococcal vaccine</b> , once after age 65.				
	<b>Colon Cancer Screening</b>	<i>Detect cancers and growths (polyps) on the inside wall of the colon before they become cancerous</i>				Talk to your primary care provider to determine if FIT**, FOBT***, Cologuard, or Colonoscopy is right for you, and how frequently.	



WOMEN	Breast Cancer Screening	<i>Detect cancer and precancerous changes</i>			Annually, starting at 40	Annually	Annually
	<b>Pap Smear</b>	<i>Detect abnormal cells that may become cancerous</i>	Every 3 years	Every 3 years	Every 3 years	Every 3 years	Every 3 years
	<b>Bone Density</b>	<i>Detect osteoporosis and bone density</i>					Baseline at 60



MEN	Prostate Cancer Screening	<i>Detect prostate cancer in the earliest stages</i>				Annually	Annually
	<b>Testicular Self Exam</b>	<i>Detect testicular cancers, the most common malignancy in American men between ages 15 and 35</i>	Monthly	Monthly			

\*Guidelines may vary based on risk factors

\*\*Fecal Immunochemical Test

\*\*\*Fecal Occult Blood Test

