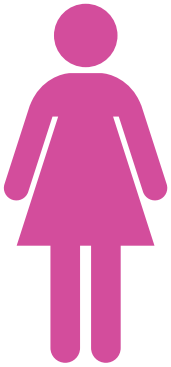
HEALTH SCREENINGS BY AGE

Regular check-ups & screenings are key to your health, & the recommendations for these visits vary depending on your age.

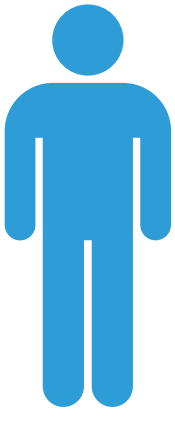
Below are some basic guidelines, but please speak with your medical provider for a comprehensive list.

20s



WOMEN

- **Eye Exam** - every 1-2 years
- **Hearing Test** - every 10 years
- **Blood Pressure Screening** - every 2 years
- **Skin Exam** - yearly
- **Pelvic Exam** - yearly
- **Pap Smear** - every 3 years

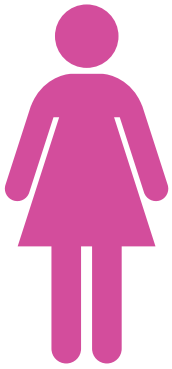


MEN

- **Eye Exam** - every 1-2 years
- **Hearing Test** - every 10 years
- **Blood Pressure Screening** - every 2 years
- **Skin Exam** - yearly
- **Testicular Exam** - yearly

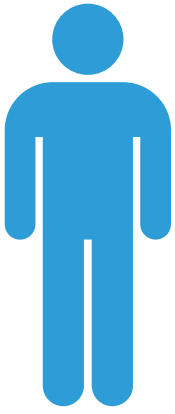
HEALTH SCREENINGS BY AGE

30s



WOMEN

- Eye Exam - every 1-2 years
- Hearing Test - every 10 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Pelvic Exam - yearly
- Pap Smear - every 3 years
- Blood Glucose Test - every 5 years
- Cholesterol Screening - every 5 years
- Tryroid Stimulating Hormone Test - every few years

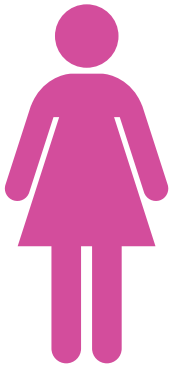


MEN

- Eye Exam - every 1-2 years
- Hearing Test - every 10 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Testicular Exam - yearly
- Blood Glucose Test - every 5 years
- Cholesterol Screening - every 5 years

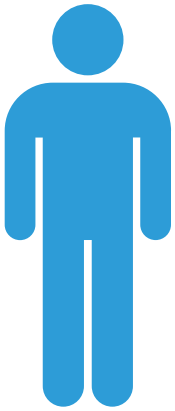
HEALTH SCREENINGS BY AGE

40s



WOMEN

- Eye Exam - every 1-2 years
- Hearing Test - every 5 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Pelvic Exam - yearly
- Pap Smear - every 3 years
- Blood Glucose Test - every 3 years
- Cholesterol Screening - yearly
- Tryroid Stimulating Hormone Test - every few years
- Bone Density Testing - every 3 years
- Mammogram - yearly
- Ovarian Screening - every 3 years for post menopausal women

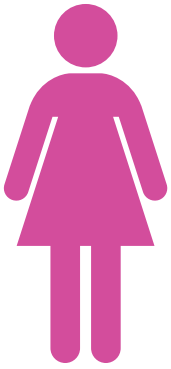


MEN

- Eye Exam - every 1-2 years
- Hearing Test - every 5 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Testicular Exam - yearly
- Blood Glucose Test - every 3 years
- Cholesterol Screening - yearly
- Prostate Exam - if high risk of prostate cancer

HEALTH SCREENINGS BY AGE

50s

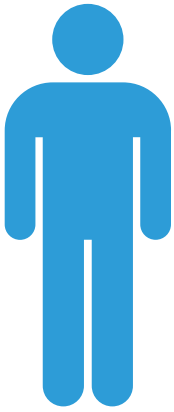


WOMEN

- Eye Exam - every 1-2 years
- Hearing Test - every 3-5 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Pelvic Exam - yearly
- Pap Smear - every 3 years
- Blood Glucose Test - every 3 years
- Cholesterol Screening - yearly
- Tryroid Stimulating Hormone Test - every few years
- Bone Density Testing - every 3 years
- Mammogram - yearly
- Ovarian Screening - every 3 years for post menopausal women
- Colonoscopy - every 10 years
- Fecal Occult Blood Test - yearly
- Colorectal Screening - every 3-5 years

HEALTH SCREENINGS BY AGE

50s



MEN

- Eye Exam - every 1-2 years
- Hearing Test - every 3-5 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Testicular Exam - every 1-3 years
- Blood Glucose Test - every 3 years
- Cholesterol Screening - yearly
- Prostate Screening - every 3 years
- Colonoscopy - every 3 years
- Colorectal Screening - every 3-5 years

HEALTH SCREENINGS BY AGE

60s +

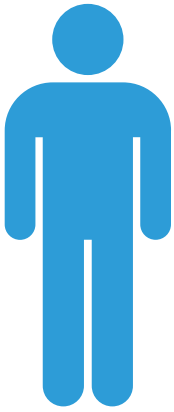
WOMEN

- Eye Exam - every 1-2 years
- Hearing Test - every 1-2 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Pelvic Exam - yearly
- Pap Smear - every 3 years
- Blood Glucose Test - every 3 years
- Cholesterol Screening - yearly
- Tryroid Stimulating Hormone Test - every few years
- Bone Density Testing - every 2-3 years
- Mammogram - yearly
- Ovarian Screening - every 3 years
- Colonoscopy - every 5 years
- Fecal Occult Blood Test - yearly
- Colorectal Screening - every 3-5 years
- Coronary Screening - yearly

DISCLAIMER: THIS IS AN APPROXIMATE TIMELINE OF POSSIBLE SCREENINGS. PLEASE DISCUSS WITH YOUR DOCTOR WHAT IS RIGHT FOR YOU.

HEALTH SCREENINGS BY AGE

60s +



MEN

- Eye Exam - every 1-2 years
- Hearing Test - every 1-2 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Testicular Exam - every 1-3 years
- Blood Glucose Test - every 3 years
- Cholesterol Screening - yearly
- Prostate Screening - every 3 years
- Colonoscopy - every 3 years
- Colorectal Screening - yearly
- Bone Density Testing - every 2-3 years

DISCLAIMER: THIS IS AN APPROXIMATE TIMELINE OF POSSIBLE SCREENINGS. PLEASE DISCUSS WITH YOUR DOCTOR WHAT IS RIGHT FOR YOU.