

Women	40s	50s	60s	70s
Suggested Screening	How Often?	How Often?	How Often?	How Often?
Well-woman Visit	Every year	Every year	Every year	Every year
Cholesterol (LDL, HDL and triglycerides)	Every 4–6 years	Every 4–6 years	Every 4–6 years	Every 4–6 years
Blood Pressure	Every year	Every year	Every year	Every year
Mammogram	Every year	Every year	Every year	Every year
Pap Smear	Every 1–5 years	Every 1–5 years	Every 1–5 years	
Bone Density			If high risk and at age 65	If high risk
Colonoscopy	Begin age 50; sooner if high risk	Every 10 years	Every 10 years	Every 10 years
<b>Immunizations</b>				
Tetanus-Diphtheria	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Influenza	Annually	Annually	Annually	Annually
Pneumococcal			Once at age 65; sooner if high risk	Once at age 65; sooner if high risk
Zoster (shingles vaccine)		Once at age 50+	Once at age 50+	Once at age 50+

Men	40s	50s	60s	70s
Suggested Screening	How Often?	How Often?	How Often?	How Often?
Physical Exam	Every year	Every year	Every year	Every year
Cholesterol (LDL, HDL and triglycerides)	Every 4–6 years	Every 4–6 years	Every 4–6 years	Every 4–6 years
Blood Pressure	Every year	Every year	Every year	Every year
Prostate Exam	Discuss with your provider	Discuss with your provider	Discuss with your provider	Discuss with your provider
Colonoscopy	Begin age 50; sooner if high risk	Every 10 years	Every 10 years	Every 10 years
<b>Immunizations</b>				
Tetanus-Diphtheria	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Influenza	Annually	Annually	Annually	Annually
Pneumococcal			Once at age 65; every year if high risk	Once at age 65; every year if high risk
Zoster (shingles vaccine)		Once at age 50+	Once at age 50+	Once at age 50+

\*Recommendations may vary depending on your medical and family history.