

LIFE IS AN ADVENTURE

TAKE CHARGE OF YOUR HEALTH

Important health screenings for the entire family

There's no better medicine than prevention. Staying current on important screenings can maximize your health and detect problems sooner, when they are easiest to treat. Providers may recommend varied screening schedules or frequency based on each patient's needs. Take charge of your health by scheduling important preventative screenings with your healthcare provider.

ADULT SCREENINGS

Each year at your physical:

- Height and weight
- Blood pressure
- Flu shot and other vaccinations needed/recommended
- Behavioral health/depression screening
- Sexually Transmitted Infections (STIs), if at risk

Ages 18 to 49:

- Cholesterol check, starting in your 20s and annually after age 35, unless otherwise recommended by your provider
- Skin cancer screening
- Colon cancer screening, starting at age 45
- Women
 - Pelvic exam
 - Exam for breast lumps
 - Pap smear every 3-5 years, starting at age 21
 - Mammogram, starting at age 40, based on personal risk factors

ADULT SCREENINGS

Ages 50 to 64:

- Cholesterol check
- Skin cancer screening
- Colon cancer screening
- Blood sugar check for diabetes/pre-diabetes
- Shingles vaccination
- Women
 - Pelvic exam, as recommended
 - Mammogram (all women by age 50) and breast exam
- Men
 - Prostate screening

Age 65 and over:

- Cholesterol check
- Skin cancer screening
- Blood sugar check for diabetes/pre-diabetes
- Colon cancer screening, unless otherwise directed by your provider
- Pneumococcal and shingles vaccinations
- Women
 - Mammogram
 - Bone density study every 2 to 5 years
- Men
 - Prostate screening

Always discuss family history, personal concerns and changes in your health with your provider. Your provider may suggest certain screenings be performed at an earlier or later age, based on your risk factors.



LIFE IS AN ADVENTURE

TAKE CHARGE OF YOUR HEALTH

Important health screenings for the entire family

There's no better medicine than prevention. Staying current on important screenings can maximize your health and detect problems sooner, when they're easiest to treat. Providers may recommend varied screening schedules or frequency based on each patient's needs. Take charge of your health by scheduling important preventative screenings with your healthcare provider.

CHILD SCREENINGS

Development:

Your child's behavioral and social development is evaluated as he or she grows.

Height and Weight:

Both are tracked annually to determine if your child's body mass index (BMI) is within a healthy range.

Mental Health:

Providers screen for anxiety, depression, and other signs of mental health distress.

Eyesight:

Infants as young as nine months may be screened for vision problems.

Hemoglobin:

Administered to younger children, this test monitors blood hemoglobin to make sure your child is getting adequate iron.

Lead:

Lead exposure is particularly dangerous for children and could adversely impact their IQ or lead to poisoning and death.

Dental:

Teeth are indicators of health. Your provider will examine your child's teeth for warning signs of poor health.

RECOMMENDED CHILDHOOD VACCINE SCHEDULES

For Birth through Age 6:**For Age 7 through Age 18:**

Scan the appropriate QR Code for a easy-to-read outline of the recommended vaccines at each age, and information about each disease.

