

# Preventive Health Care Examination Schedule

## Ages 18-39 Years

### FOR MEN AND WOMEN

- Blood Pressure Check
- Tetanus/Diphtheria Vaccination
- Cholesterol Test

Every appointment. At least once yearly  
Every 10 years  
Once between 18 and 29  
Every 5 years starting at age 30  
Calculation and discussion  
If no history of Chicken pox consider titer vs. vaccination

- Body Mass Index (BMI)
- Varicella

### FOR WOMEN

- Pap Smear
- Breast Exam

Yearly starting at 21 or 3 years after 1st sexual intercourse whichever comes 1st  
Yearly starting at age 20

## Ages 40-64 Years

### FOR MEN AND WOMEN

- Blood Pressure Check
- Tetanus/Diphtheria Vaccination
- Cholesterol Test
- Colonoscopy
- Body Mass Index
- Varicella

Every appointment. At least once yearly.  
Every 10 years  
Every 5 years  
Every 10 years starting at age 50  
Calculation and discussion  
If no history of Chicken pox consider titer vs. vaccination

### FOR WOMEN

- Pap Smear
- Breast Exam
- Mammogram

Yearly (If 3 consecutive tests are normal, discuss frequency with doctor)  
Yearly  
Ages 40-49 at least once, then discuss with doctor.

### FOR MEN

- Prostate Cancer Screening

Discuss with doctor starting at age 50

## Ages 65 and Over

### FOR MEN AND WOMEN

- Blood Pressure Check
- Tetanus/Diphtheria Vaccination
- Influenza Vaccination
- Pneumococcal Vaccination
- Cholesterol Test
- Colonoscopy
- Body Mass Index (BMI)
- Varicella

At every appointment. At least once yearly  
Every 10 years  
Yearly in Autumn  
One time at 65 or older  
Every 5 years  
Every 10 years  
Calculation and discussion  
If no history of Chicken pox consider titer vs. vaccination

### FOR WOMEN

- Pap Smear
- Breast Exam
- Mammogram
- Bone Density Test

Pelvic exam yearly. Pap smear on doctor's advice.  
Yearly  
Ages 65-75 yearly  
Over 75 on doctor's advice  
At least once at 65 or older

### FOR MEN

- Prostate Cancer Screening

Discuss with doctor