



Health Screenings by Age



AGE 18-39

- **Blood Pressure** - Check every two years or annually if there is a risk of increased blood pressure.
- **Body Mass Index (BMI)** - Annual screening is recommended.
- **Bone Mineral Density** - Talk to your healthcare provider to determine if testing is needed.
- **Cervical Cancer (Pelvic Exam/Pap Smear)** - Begin screening at age 21 and get tested every three years (every five years with HPV testing).
- **Cholesterol** - Regular screenings are advised to start at age 35 or at age 20 if at risk for heart disease.
- **Colorectal Cancer** - Begin screening between 35 and 49 years of age if at risk.
- **Diabetes** - Screening is recommended for prediabetes and type 2 diabetes in adults who are overweight or obese.
- **Mammogram** - Talk to your healthcare provider about when to begin screening.
- **Prostate Cancer** - Talk to your healthcare provider about the risks and benefits of screening.

AGE 40-65

- **Blood Pressure** - Check annually or as recommended by your healthcare provider.
- **Body Mass Index (BMI)** - Annual screening is recommended.
- **Bone Mineral Density** - Talk to your healthcare provider to determine if testing is needed.
- **Cervical Cancer (Pelvic Exam/Pap Smear)** - Begin screening at age 21 and get tested every three years (every five years with HPV testing).
- **Cholesterol** - Regular screenings are advised.
- **Colorectal Cancer** - Screening is recommended for adults aged 45 - 75 years.
- **Diabetes** - Screening is recommended for prediabetes and type 2 diabetes in adults who are overweight or obese.
- **Mammogram** - Screen every two years for women aged 50 - 74.
- **Prostate Cancer** - Talk to your healthcare provider about the risks and benefits of screening.

AGE 65+

- **Abdominal Aortic Aneurysm (AAA)** - A one-time screening is recommended for adults aged 65 - 75 if you have ever smoked.
- **Blood Pressure** - Regular screenings are essential.
- **Body Mass Index (BMI)** - Annual screening is recommended.
- **Bone Mineral Density** - Screening is advised at least once.
- **Cervical Cancer (Pelvic Exam/Pap Smear)** - Consult with your healthcare provider to determine if testing is necessary.
- **Cholesterol** - Regular screenings are recommended.
- **Colorectal Cancer** - Screening should continue for adults aged 45 - 75 years or as recommended by your healthcare provider.
- **Diabetes** - Continue screenings based on risk factors.
- **Mammogram** - Screen every two years for women aged 50 - 74.
- **Prostate Cancer** - Talk to your healthcare provider about the risks and benefits of screening.