Preventive Health Care for Adults

Doctors recommend specific preventive care for different stages of your life. The following tables provide guidelines for when to schedule preventive care visits. It also gives you information to keep up-to-date on immunizations. These guidelines are aimed for healthy people. If you have a personal or family history of health problems, you may need some tests more often.

Men and women

Screening tests and immunizations	Ages 19-39	Ages 40-64	Age 65 and Older
Comprehensive preventive care visits	Men: Every 5 years	Men: Every 5 years	Every 1 to 2 years
	Women: Every 3 to 5 years	Women: Every 3 to 5 years	
Blood pressure check	Every 2 years if less than 120/80;	Every 2 years if less than 120/80;	Every 2 years if less than 120/80;
	every year if 120–139/80–89	every year if 120–139/80–89	every year if 120-139/80-89
Cholesterol check	Men: Every 5 years, beginning at age 35	Men: Every 5 years	Every 5 years
		Women: Every 5 years, beginning at age 45	
Colorectal cancer screening	Not recommended for this age group	Begin at age 50; if black, begin at age 45; talk with doctor about how often	Talk with doctor about how often
Hepatitis B vaccine	If not done previously and at high risk (3 dose series)	If not done previously and at high risk (3 dose series)	If not done previously and at high risk (3 dose series)
Influenza vaccine	Every year	Every year	Every year
Pneumococcal vaccine	Once, if at high risk	Once, if at high risk	Once if not previously vaccinated
	2 nd and final dose if 1 st dose given prior to age 65	2 nd and final dose if 1 st dose given prior to age 65	
			2 nd and final dose if 1 st dose given prior to age 65
Shingles vaccine	Not recommended for this age group	Not recommended for this age group	Once at age 60 or older
Tetanus, diphtheria, pertussis (Td/Tdap) vaccine	Every 10 years	Every 10 years	Every 10 years
	Substitute 1 dose of Tdap for Td	Substitute 1 dose of Tdap for Td	Substitute 1 dose of Tdap for Td

continued



Men only

Screening tests and immunizations	Ages 19-39	Ages 40-64	Age 65 and Older
Abdominal aortic aneurysm screening	Not recommended for this age group	Not recommended for this age group	For ages 65-74 who have ever smoked (more than 100 cigarettes in lifetime)
Prostate-specific antigen (PSA) blood test and prostate exam	Not recommended for this age group	Talk to your doctor about your risk	Talk to your doctor about your risk

Women only

Screening tests and immunizations	Ages 19-39	Ages 40-64	Age 65 and Older
Breast cancer screening	Not recommended for this age group	At age 40 discuss benefits and risks of yearly mammograms with your doctor For ages 50-64, every 1 to 2 years	Every 1 to 2 years until age 75 After age 75 discuss benefits and risks of yearly mammograms with your doctor
Cervical cancer screening	No screening before age 21 regardless of age of onset of sexual activity Screening every 2 years between ages 21-29 and every 3 years after age 30 after three normal Pap tests in a row	Every 3 years after three normal Pap tests in a row	Stop screening at or after age 65 if no abnormal Pap test in 10 years
Chlamydia screening	Ages 19-26 if sexually active or older if at increased risk for infection	If sexually active and at increased risk for infection	If sexually active and at increased risk for infection
Human papillomavirus (HPV) vaccine	Ages 19-26, if not done previously (3 dose series)	Not recommended for this age group	Not recommended for this age group

This isn't just about health care. This is about you.

