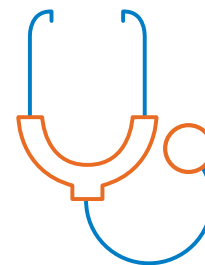












# Adult health checklist

## Make preventive care a priority







Take control of your health today for a healthier tomorrow. Use this checklist to keep screenings and visits top of mind. Preventive care services are covered at no cost when you use in-network providers.


 WHAT	WHO/WHEN	WHY
<b>General preventive care</b>		
<input type="checkbox"/>  <b>Annual routine checkup wellness visit</b>	Once a year	This visit with your primary care provider is a great opportunity to discuss exercise, diet, sleep, medications, mood and any screenings or immunizations you may be due for. Talk to your doctor about your fall risk.
<input type="checkbox"/>  <b>Annual obstetrician-gynecologist (OB/GYN) visit</b>	Once a year until age 65*	This visit with your OB/GYN focuses on reproductive health, breast/breast mastectomy, cervix, pelvis, uterus and pelvic floor health. Cervical cancer screenings are recommended every 3-5 years. Regular pap and HPV testing can help find abnormalities before they turn into cancer.
<input type="checkbox"/>  <b>Blood pressure screening</b>	Ages 18-39, every 3-5 years, and once a year after age 40	Getting your blood pressure checked can give your doctor important information about your risk for stroke and heart attack.
<input type="checkbox"/>  <b>Bone health – osteoporosis screening</b>	Age 65+ or post-menopause	Age, family history, menopause and other factors may put you at risk. Help keep your bones strong with exercise and a diet rich in calcium and vitamin D.
<input type="checkbox"/>  <b>Cholesterol screening</b>	Every 4-6 years	Too much cholesterol makes it harder for blood to flow through your body. Lower your risk with healthy eating and exercise.
<input type="checkbox"/>  <b>Depression screening</b>	Everyone, including pregnant or postpartum people and older adults	Talk to your health care provider if you have persistent low mood, feelings of sadness, problems sleeping, or loss of interest in normally enjoyable activities over a two week period.
<input type="checkbox"/>  <b>Diabetes (Type 2) screening</b>	Age 35-70, once a year if risk factors	There are lots of ways to prevent and manage diabetes if you are aware of your risk.
<input type="checkbox"/>  <b>HIV screening</b>	At least once in a lifetime; more often if at high risk	The only way to know you do not have HIV is to get tested. HIV screening is important at any age if you are at risk.
<input type="checkbox"/>  <b>Sexually Transmitted Infection (STI) screening</b>	If sexually active, including pregnant people	Sexually Transmitted Infections may not have symptoms and are shared through sexual contact. STIs including chlamydia, gonorrhea, herpes, or HIV can be tested in a doctor's office or clinic using a sample of urine, blood, tissue, or saliva and then sent to a lab. Home testing options are available.

\*If a woman is sexually active past the age of 65, she should still have a pelvic exam at least once every three years.



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✓	WHAT	WHO/WHEN	WHY
<p><b>Cancer screenings</b> may result in earlier detection, make it easier to treat, and possibly cure. Your cancer screening needs may vary if you have had breast, chest or genital surgery, hormone therapy, or due to other personal health risk factors. Your health care provider can confirm screenings best for you based on your health and health history.</p>			
<input type="checkbox"/>	 <p><b>Breast health – mammogram (a type of x-ray)</b></p>	<p>Mammograms are recommended starting at age 40 and every 1-2 years until age 75.</p>	<p>Mammography screening uses an x-ray of the breast tissue to detect breast tissue changes that may be cancer.</p>
<input type="checkbox"/>	 <p><b>Colorectal cancer screening</b></p>	<p>Ages 45-75 (earlier if at higher risk), every 5-10 years (or more frequent based on health risk)</p>	<p>Special tests can detect colorectal cancer early, which makes it easier to treat.</p>
<input type="checkbox"/>	 <p><b>Lung cancer screening</b></p>	<p>Ages 50-80 who are heavy smokers (20 year history), currently smoke, or have quit in the past 15 years</p>	<p>People who smoke, especially heavy smokers, are at a high risk for lung cancer.</p>
<input type="checkbox"/>	 <p><b>Prostate screening</b></p>	<p>Ages 55-69</p>	<p>The prostate is a part of the reproductive system, which includes the penis, prostate, and testicles. With age the prostate can increase in size and decrease urine flow. Talk with your doctor to decide if screening is right for you.</p>

Vaccines			
<input type="checkbox"/>	 <p><b>Vaccines</b></p>	<p>As directed by your health care provider or based on your personal health risk</p>	<p>Vaccines save lives, even for otherwise healthy people. Most vaccines are no cost, including those that prevent COVID-19, flu, pneumonia, tetanus, and human papillomavirus vaccine (HPV). A shingles vaccine (Shingrix) is recommended for people age 50+.</p>

Screening recommendations are based on U.S. Preventive Services Task Force (USPSTF) guidelines as of April 2024.

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\*A well visit or preventive service can sometimes turn into a “sick visit,” in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance. Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.

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