

Health Screening Guidelines	Ages 18-34	Ages 35-49	Ages 50+
General Physical	Every 1 to 3 years	Yearly after age 40	Yearly
Blood Pressure Check	As part of a general physical every 1 to 3 years, or as needed depending on the baseline results	Yearly after age 40	Yearly
Cholesterol Screening	Every 1 to 5 years depending on the baseline result	Every 1 to 5 years, depending on baseline results	Every 1 to 5 years, depending on baseline results
Colon Cancer Screening	Usually not required	Review Risks and Needs yearly with Physician	Yearly Stool occult blood test, periodic screening flexible, sigmoidoscopy or colonoscopy determined by risk
Diabetes Check	Usually not required unless risk factor exists	Fasting glucose test at age 45, every 3 years depending on baseline results	Every 3 years with normal results
Dental Exam	Yearly or more often	Yearly or more often	Yearly or more often
Eye Exam & Glaucoma Test	Every 1 to 3 years depending on baseline result	Every 1 to 3 years depending on baseline results	Yearly
Hearing Test	As part of a general physical	As part of a general physical	As a part of a general physical
Influenza (flu) Vaccine	Review risk yearly	Review risks yearly	Review risks yearly, yearly vaccine after age 65
Skin Cancer Check	Monthly self exams of moles and birthmarks and by physician at general physical	Monthly self exams of moles and birthmarks and by physician at general physical	Monthly self exams of moles and birthmarks and by physician at general physical
Urinalysis	Every 1 to 5 years depending on baseline results	Every 1 to 5 years depending on baseline results	Every 1 to 5 years depending on baseline results
<b>For Women:</b>			
Bone Density	Usually not required	Review risks and needs yearly with Physician	Baseline bone density scan at age 65, review risks and needs yearly with physician
Breast Exam	*Monthly Self-exams  *Physician exam at general physical	Yearly after age 40, as reviewed with physician	*Monthly Self-exams  *Physician exam at general physical
Mammogram	Usually not required	Every 1 to 3 years, based on physician review	Yearly
Pelvic exam & Pap Test	After 3 consecutive normal tests, a pap test can be performed every 1 to 3 years based on baseline results; Pelvic Exam every 1 to 3 years	Every 1 to 3 years based on physician review	Every 1 to 3 years based on physician review until age 65, then based on physician recommendation