

Adult preventive care and screenings

Please note these are basic screening recommendations and certain medical conditions and health risks might require additional monitoring. Talk to your health care provider.

Adults 18-39	Adults 40+	
<ul style="list-style-type: none"> <input type="checkbox"/> Annual exam/physical every year <input type="checkbox"/> Skin cancer check (as part of a routine physical or with a dermatologist) <input type="checkbox"/> Vaccinations <input type="checkbox"/> Eye exam every two years* <input type="checkbox"/> Dental exam and cleaning every six months; more often if needed 	<ul style="list-style-type: none"> <input type="checkbox"/> Annual exam/physical every year** <input type="checkbox"/> Skin cancer check (as part of a routine physical or with a dermatologist) <input type="checkbox"/> Vaccinations** <input type="checkbox"/> Eye exam every two to four years after age 40, or one to three years after age 55* <input type="checkbox"/> Dental exam and cleaning every six months; more often if needed <input type="checkbox"/> Colorectal cancer screening every 5-10 years, starting at age 45; more often if needed 	
Women	Men	Women
<ul style="list-style-type: none"> <input type="checkbox"/> Gynecological exam every year (may be part of annual exam) <input type="checkbox"/> Pap smear to check for cervical cancer every three to five years based on risk factors 	<ul style="list-style-type: none"> <input type="checkbox"/> Prostate cancer screening at age 50 for most men; based on doctor recommendation 	<ul style="list-style-type: none"> <input type="checkbox"/> Mammogram every one to two years; frequency may change based on doctor recommendation <input type="checkbox"/> Gynecological exam every year (may be part of annual exam) <input type="checkbox"/> Pap smear to check for cervical cancer based on risk factors and doctor recommendation

*If you have glaucoma risk factors, you may need to have more frequent eye exams. If you have diabetes, you should have an eye exam every year, no matter your age.

**As you get older, your doctor may recommend additional or more frequent screenings and vaccinations.