

Annual Wellness Exams: A wise investment in your good health

It's true, health is wealth, and keeping up with your immunizations and screenings can keep you healthy now and help prevent disease in the future. Take time to visit your primary care doctor and invest in living your best life.

The United States Preventative Services Task Force (USPSTF) & Advisory Committee on Immunization Practices (ACIP) recommends the following screenings and immunizations throughout your lifetime. The screenings and immunizations listed below are the minimum recommended by the USPSTF. Your doctor may make additional recommendations based on your personal/family medical history.

18-40 YEARS



Immunizations:

- Diphtheria Pertussis Tetanus booster
- MMR (unless received as a child)

Women:

- Starting at age 21 Pap smear every 1-3 years (With Chlamydia screen for sexually active females under 25 years)
- HPV vaccine series up to age 45

Men:

- Cholesterol check (35 years +)
- HPV vaccine series up to age 26

40-50 YEARS



Immunizations:

- Diphtheria Pertussis Tetanus booster
- MMR (unless received earlier)

Women**:

- Pap smear every 1-3 years
- Cholesterol check

Men:

- Start Aspirin daily (45 years+, ask your doctor first)
- Cholesterol check

50-65 YEARS



Immunizations:

- Diphtheria Pertussis Tetanus booster
- Annual Flu vaccine
- Shingles vaccine (one dose for people 60 years+)

Women**:

- Pap smear every 1-3 years (until age 65 years unless risk factors)
- Mammograms begin age 50 years & repeat every other year
- 55 years +: Start Aspirin daily (ask your doctor first)
- Cholesterol Check
- Colorectal screening

Men:

- 45 years +: Start Aspirin daily (ask your doctor first)
- Cholesterol Check
- Colorectal screening

65+ YEARS



Immunizations:

- Diphtheria Tetanus booster
- Annual flu vaccine
- Pneumococcal vaccine
- Shingles vaccine (if not received earlier)

Women**:

- Mammogram every other year until 75 years of age
- Bone density testing

Men and Women:

- Cholesterol Check
- Colorectal screening (frequency depends on mode of testing – screen until 75 years of age)

Additional Recommendations

Your doctor may also recommend the following immunizations for these specific conditions and circumstances:

Asthma

- Pneumovax
- Influenza

Diabetes, Chronic Heart Disease, Chronic Lung Disease

- Pneumovax
- Influenza
- Shingles

Pregnant

- Influenza

Smoker

- Pneumovax

* Recommendations are for healthy adults with no additional risk factors

**American College of Obstetrics and Gynecology (ACOG) and the American College of Radiology (ACR) recommend that women in their 40s continue mammography screening every one to two years and women age 50 or older continue annual screening.