

Checkups Help You Find Hidden Problems

Regular checkups can spot small health problems. Use the chart below as a guide. It shows you when you might need a checkup and lab tests — but always check with your Doctor.

Physical Exam	Women	Men
Blood Pressure, Height and Weight + BMI	Every 1-3 years, Yearly after age 65	Every 1-3 years, Yearly after age 65
Clinical Breast Exams	Every 1-3 years, Yearly after age 40	-----
Dental, Vision, Hearing	Every 1-3 years	Every 1-3 years
Screenings	Women	Men
Cholesterol	45 years old + (20-45 if at risk)	35 years old + (20-35 if at risk)
Chlamydia	Yearly if sexually active	-----
Pap Smear	Yearly or every 1-3 years	-----
Human Papillomavirus (HPV)	As recommended	-----
Mammography	Yearly after age 40	-----
Sigmoidoscopy and/or Fecal Occult Blood Test	Yearly or every 5 years, ages 50-75	Yearly or every 5 years, ages 50-75
Osteoporosis	65 years old + (60 if at risk)	-----
Depression	Age 18+	Age 18+
Sexually Transmitted Diseases	If sexually active with a new or more than 1 partner	
Prostate Specific Antigen (PSA) and/or Digital Rectal Exam	-----	Age 40+
Abdominal Aortic Aneurysm	-----	65-75 years old (if you smoke)
Immunizations	Women	Men
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Every 10 years	Every 10 years
Measles and Mumps	As recommended	As recommended
Rubella	Once (if not pregnant)	-----
Influenza	Yearly after age 50	Yearly after age 50
Pneumococcal (65+)	Once after age 65	Once after age 65
Hepatitis A (if at risk)	As recommended	As recommended
Hepatitis B (if at risk)	As recommended	As recommended
Meningococcal	As recommended	As recommended
Varicella	As recommended	As recommended
Zoster	Once after age 60	Once after age 60
Human Papillomavirus (HPV)	Age 26 and younger	-----