

preventive care GAME PLAN

A smart offense makes a big difference when it comes to your health. In addition to a yearly check-up with your personal doctor, it may be time for additional tests, vaccines and screenings depending on your age. These may include:

VACCINES

- Flu (yearly)
- Tdap (at least once during adulthood and a booster every 10 years)
- Shingles (beginning as early as age 50)
- Pneumonia (beginning as early as age 65)



AGES 18-29

ALL: Body mass index (yearly), Blood pressure test (yearly), STD screening (yearly depending on sexual activity)

MEN: Testicular exam (yearly)

WOMEN: Pap smear (every three years beginning at age 21)

AGES 30-39

MEN: Cholesterol test (regularly beginning at age 35)

AGES 40-49

ALL: Blood sugar test (regularly), Colonoscopy (every 10 years beginning at age 45)

WOMEN: Mammogram (every 1-2 years beginning as early as age 40), Cholesterol test (regularly beginning at age 45)

AGES 50-64

MEN: Prostate exam (regularly)

AGES 65+

MEN: Abdominal ultrasound (once between ages of 65-75)

WOMEN: Bone-density scan (regularly beginning at age 65)



Remember: Always check with your personal doctor regarding screenings, tests and more that may be recommended for you based on your health history and health status.

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ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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