

Ages 19-39

- Complete Physical Exam (CPE): Every 1-3 years
- Instructions on breast self-exam and annual pelvic exam
- Hemoglobin: Hemoglobin testing
- Mammogram: Baseline mammogram performed at 35-40 years of age (earlier at medical discretion)
- Pap Smear: Annually
- Fasting Blood Sugar: Every 5 years
- Colon Cancer Screening: Discuss with your physician
- Cholesterol: Recommended at or about age 35
- Immunizations: Tetanus every 10 years, Gardasil (HPV)

Ages 40-49

- Complete Physical Exam (CPE): Every 1-3 years
- Instructions on breast self-exam and annual pelvic exam
- Hemoglobin: Hemoglobin testing
- Mammogram: Every 1-2 years (based on physician discretion or high risk)
- Pap Smear: Annually
- Fasting Blood Sugar: Every 5 years
- Colon Cancer Screening: Discuss with your physician
- Tetanus Immunization: Every 10 years
- Digital Rectal Exam: At clinical discretion
- Cholesterol: Discuss with your physician

Ages 50-64

- Complete Physical Exam (CPE): Every 1-3 years
- Instructions on breast self-exam and annual pelvic exam
- Mammogram: Annually
- Pap Smear: Annually
- Fasting Blood Sugar: Every 5 years
- Colonoscopy: Every 10 years beginning age 50 or earlier at physician discretion
- Tetanus Immunization: Every 10 years
- Zostavax Immunization (Shingles): At 60 years old
- Influenza Immunization: Annually
- Digital Rectal Exam: Every 1-3 years or earlier at physician discretion
- Fecal Occult Blood Testing: Annually
- Cholesterol: Discuss with your physician

Ages 65+

- Complete Physical Exam (CPE): Annually
- Instructions on breast self-exam and annual pelvic exam
- Mammogram: Annually
- Pap Smear: Annually
- Fasting Blood Sugar: Every 5 years
- Colonoscopy: Every 10 years or earlier at physician discretion
- Tetanus Immunization: Every 10 years
- Influenza Immunization: Annually
- Pneumococcal: Discuss with your physician
- Digital Rectal Exam: Every 1-3 years or earlier at physician discretion
- Fecal Occult Blood Testing: Every 5 years
- Cholesterol: Discuss with your physician