

WOMEN - Age Appropriate Health Screenings

AGE	TIMING	SCREENING
20s & 30s	Once a month	<ul style="list-style-type: none"> Breast self-exam Self-check skin cancer screening
	Once a year	<ul style="list-style-type: none"> Blood pressure screening Height, weight, body mass index (BMI) Breast self-exam Cardiovascular evaluation Comprehensive physical exam Depression screening
	Every 2-5 years *	<ul style="list-style-type: none"> Blood sugar test Eye exam Human papilloma virus (HPV) test Pap test
	Every 5 years	<ul style="list-style-type: none"> Cholesterol check
	As needed *	<ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests
40s	Once a month	<ul style="list-style-type: none"> Breast self-exam Self-check skin cancer screening
	Once a year	<ul style="list-style-type: none"> Mammogram Full-body skin exams Blood pressure screening Height, weight, body mass index (BMI) Breast self-exam Cardiovascular evaluation Comprehensive physical exam Depression screening
	Every 2-5 years *	<ul style="list-style-type: none"> Blood sugar test Eye exam Human papilloma virus (HPV) test Pap test Cholesterol check
	Every 10 years	<ul style="list-style-type: none"> Colon cancer screening
	As needed *	<ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests
50s	Once a month	<ul style="list-style-type: none"> Breast self-exam Self-check skin cancer screening
	Once a year	<ul style="list-style-type: none"> Mammogram Full-body skin exams Blood pressure screening Height, weight, body mass index (BMI) Breast self-exam Cardiovascular evaluation Comprehensive physical exam Depression screening
	Every 2-5 years *	<ul style="list-style-type: none"> Blood sugar test Eye exam Human papilloma virus (HPV) test Pap test Cholesterol check
	Every 5 years	<ul style="list-style-type: none"> Bone density test Thyroid panel
	Every 10 years	<ul style="list-style-type: none"> Colon cancer screening Cardiac calcium scoring Hearing test
	As needed *	<ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Low-dose lung CT scan
60s	Once/month	<ul style="list-style-type: none"> Breast self-exam Self-check skin cancer screening
	Once/year	<ul style="list-style-type: none"> Mammogram Full-body skin exams Blood pressure screening Height, weight, body mass index (BMI) Breast self-exam Cardiovascular evaluation Comprehensive physical exam Depression screening Dementia and Alzheimer's screening
	Every 2-5 years *	<ul style="list-style-type: none"> Blood sugar test Eye exam Human papilloma virus (HPV) test Pap test Cholesterol check
	Every 5 years	<ul style="list-style-type: none"> Bone density test Thyroid panel
	Every 10 years	<ul style="list-style-type: none"> Colon cancer screening Cardiac calcium scoring Hearing test
	As needed *	<ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Low-dose lung CT scan

* And/or as recommended by your primary care provider

Source: <https://www.uhhospitals.org/services/primary-care/routine-care/your-guide-to-health-screenings-by-age> (12-01-2024)

MEN - Age Appropriate Health Screenings

AGE	TIMING	SCREENING
20s & 30s	Once a month	<ul style="list-style-type: none"> Self-check skin cancer screening Testicular self-exam
	Once a year	<ul style="list-style-type: none"> Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening Testicular cancer screening
	Every 2-5 years *	<ul style="list-style-type: none"> Blood sugar test Eye exam
	Every 5 years	<ul style="list-style-type: none"> Cholesterol check
	As needed *	<ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Fertility testing
40s	Once a month	<ul style="list-style-type: none"> Self-check skin cancer screening Testicular self-exam
	Once a year	<ul style="list-style-type: none"> Full-body skin exam Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening Testicular cancer screening
	Every 2-5 years *	<ul style="list-style-type: none"> Cholesterol check Blood sugar test Eye exam
	Every 10 years	<ul style="list-style-type: none"> Colon cancer screening
	As needed *	<ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Fertility testing
50s	Once a month	<ul style="list-style-type: none"> Self-check skin cancer screening Testicular self-exam
	Once a year	<ul style="list-style-type: none"> Cholesterol check Full-body skin exam Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening Testicular cancer screening
	Every 2-5 years *	<ul style="list-style-type: none"> Blood sugar test Eye exam
	Every 10 years	<ul style="list-style-type: none"> Colon cancer screening Cardiac calcium scoring Hearing test
	As needed *	<ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Fertility testing Bone density test Low-dose lung CT scan Prostate specific antigen (PSA) screening
60s	Once a month	<ul style="list-style-type: none"> Self-check skin cancer screening Testicular self-exam
	Once a year	<ul style="list-style-type: none"> Dementia and Alzheimer's screening Cholesterol check Full-body skin exam Blood pressure screening Height, weight, body mass index (BMI) Cardiovascular evaluation Comprehensive physical exam Depression screening Testicular cancer screening
	Every 2-5 years *	<ul style="list-style-type: none"> Blood sugar test Eye exam
	Every 10 years	<ul style="list-style-type: none"> Colon cancer screening Cardiac calcium scoring Hearing test
	As needed *	<ul style="list-style-type: none"> Sexually transmitted diseases (STD) tests Fertility testing Bone density test Low-dose lung CT scan Prostate specific antigen (PSA) screening Abdominal aortic aneurysm (AAA)

* And/or as recommended by your primary care provider

Source: <https://www.uhhospitals.org/services/primary-care/routine-care/your-guide-to-health-screenings-by-age> (12-01-2024)