

## Health Tests & When to Have Them\*

Health Test		Ages 18–29	Ages 30–39	Ages 40–49	Age 50 and older
Regular Dental Checkup		Every 6-12 months			
Physical Exam		Discuss with doctor			
Blood Pressure		Ages 18-39, every 3-5 years or yearly if have HBP risk factors. Yearly ages 40+			
Vision Exam		Discuss with your doctor			
Cholesterol Blood Test		Discuss with your doctor about risk factors and if you should be screened.			
Cervical Cancer Screening	W	At least every 3 years ages 21-65; as advised after age 65. Ages 30-65, ask your doctor about having a Pap test plus a human papillomavirus (HPV) test every 5 years.			
Chlamydia & Gonorrhea Screening	O	All sexually active women ages 24 and younger; ages 25+ if at an increased risk			
Professional Breast Exam <sup>1</sup>	M				Discuss with your doctor
Mammogram <sup>1</sup>	E				Every 2 years ages 50-74 or as advised
Osteoporosis Screening	N	All women starting at age 65 (younger than age 65 if at increased fracture risk) as advised			
Prostate Cancer Screening <sup>2</sup>	M	Discuss with your doctor			
Abdominal Aortic Aneurysm Screening	E N				One-time screening for men ages 65-75 who have ever smoked
Colorectal Cancer Screening <sup>3</sup>					Ages 50-75

**\*Note:** These are general guidelines. If you are at an increased risk for an illness, tests may need to be done sooner or more often. Adults should also be screened for alcohol misuse, depression, obesity, and tobacco use. People ages 15-65 should be screened for HIV/AIDS. Baby Boomers should be screened for hepatitis C. Overweight or obese adults between ages 40 and 70 should be screened for abnormal sugar levels and type 2 diabetes. Follow your doctor's advice for screening tests and exams. Check with your health plan to see if and when tests are covered.

1. Breast cancer screening guidelines vary with different health groups. For ages 40-49 and 74+, discuss your breast cancer risk and the pros and cons of these screening tests with your doctor or health care provider. Women at a high risk for breast cancer should seek expert medical advice about breast cancer screening and prevention.
2. Screening guidelines vary with different health groups. Ask your doctor at what age you should discuss prostate cancer screening. Ask about the benefits and risks of having prostate-specific antigen (PSA) blood tests.
3. Follow your doctor's advice. Screening test options include stool blood tests, sigmoidoscopy, and colonoscopy. How often testing is needed depends on the test(s) given and on your personal risk factors.



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