

Guidelines to Good Health

for adults

These guidelines can help you prevent illness or find conditions early. Your doctor may suggest a different schedule based on your needs.

Heart healthy tip: Ask your doctor about aspirin use.

What	Age	How often
Screening for men and women		
Health exam (including, height & weight assessment, body mass index evaluation and obesity counseling, alcohol/drug abuse, tobacco use and injury)	18–49	Every 1–5 years
	50–65+	Every 1–3 years
Blood pressure screening	18+	Every two years if BP is at or less than 120/80 Every year if BP is higher than 120–139/80–89 More frequently if needed
Diabetes screening	18–65+	Every 3 years with BP at or higher than 135/80
Colon cancer screening	18–49	If high risk — ask your doctor
	50+	Fecal occult blood test every year OR Sigmoidoscopy every 5 years with fecal occult blood test every 3 years OR Colonoscopy every 10 years
	76+	Ask your doctor
Glaucoma screening	18–64	If high risk — ask your doctor
HIV screening	18–64	One test for everyone
	18–65+	Every year if high risk
Screening for men		
Cholesterol and lipid screening	35+	Every 5 years; more often with risk factors
Prostate cancer	50–74	Ask your doctor

What	Age	How often
Screening for women		
Cholesterol and lipid screening	20–45+	Ask your doctor
Osteoporosis screening	50–64	Ask your doctor
	65+	Test
Cervical cancer Pap smear	18–65	Every 3 years after becoming sexually active
	66+	Ask your doctor
Mammography	18–39	Ask your doctor
	40–74	Every 2 years
	75+	Ask your doctor
Chlamydia screening	Under 24	Every year if sexually active
	25+	Every year if high risk
	Pregnant women	Screen
Pregnancy prenatal visits	Childbearing	Week 6–8 = first visit Week 14–16 = 1 visit Week 24–28 = 1 visit Week 32 = 1 visit Week 36 = 1 visit Week 38–41 = weekly visit
Pregnancy postpartum	Childbearing	Once 21–56 days after delivery
Immunizations for men and women		
HPV (human papillomavirus)	Females 9–26	3 doses
	Males 9–21	3 doses
Tdap	After age 12	1 dose
Tetanus	18–65+	Once every 10 years
Flu	18–65+	Every year
MMR	18–49	1–2 doses if needed
Varicella (chickenpox)	18–65+	2 doses if needed
Hepatitis A, Hepatitis B, Meningococcal	18–65+	If high risk
Pneumococcal (meningitis and pneumonia)	18–64	If high risk
	65+	1 dose for everyone 65 and older; revaccinate at age 65 if first vaccine was received before age 65 and 5 years or more have passed since that first dose was given
Zoster (shingles)	60+	1 dose

Guidelines to Good Health

for children and teens

Regular well-child visits and scheduled immunizations for childhood disease can help keep your child on track. Talk to your child's doctor about what schedule is right for him or her.

What	Age	How often
Well-child exam Parental education: nutrition; development; injury and poison prevention; SIDS; coping skills; tobacco use screening; secondhand smoke; height, weight and body mass index	0–24 months	11 visits
	2–18 years	8 visits
Neonatal and hearing screening	Birth (after 24 hours)	Once at birth
Cholesterol screening	2+ years	Ask your doctor
Blood lead testing	12 and 24 months	Twice
Vision screening	2–6 years	Before starting school
	7–12 years	Every 2 years
	13–21 years	Every 3 years
Preconception and pregnancy: prevention and counseling	12+ years or earlier if sexually active	Every year
For girls		
Cervical cancer Pap smear	Age 13–21	Every 3 years if sexually active
Chlamydia and sexually transmitted infection screening including HIV screening	Age 13–21	Every year if sexually active

What	Age	How often
Immunizations		
HPV (human papillomavirus)	Females 9–26	3 doses
	Males 9–21	3 doses
DTaP	2, 4, 6 months	1st, 2nd, 3rd dose
	15–18 months	4th dose
	4–6 years	5th dose
Rotavirus	2–6 months	Complete series
Tdap	11–12 years	1 dose
Hepatitis A	12 months	1st dose
	18–24 months	2nd dose
Hepatitis B	Birth	1st dose
	1–2 months	2nd dose
	6–18 months	3rd dose
IPV-polio	2 months	1st dose
	4 months	2nd dose
	6–18 months	3rd dose
	4–6 years	4th dose
HiB-haemophilus	2–15 months	Complete series
Flu	6 months–8 years	2 doses first year, then every year
	Age 9–21 years	Every year
MMR	12–15 months	1st dose
	4–6 years	2nd dose
Varicella (chickenpox)	12–15 months	1st dose
	4–6 years	2nd dose
Meningococcal	11–12 years	1st dose
	16–18 years	Booster
Pneumococcal Conjugate-pneumonia	2 months	1st dose
	4 months	2nd dose
	6 months	3rd dose
	12–15 months	4th dose

These guidelines are based on recommendations from national medical organizations and the most current medical and scientific research.