

Good health guidelines for adults



We've developed a timetable of health actions for you to follow to help prevent illness or detect conditions in their earliest stages. Your primary care physician may recommend a different schedule based on your needs.

What	Age	How Often
Health exam (including education on nutrition, weight mgt., alcohol/drug abuse, tobacco use and injury prevention)	18 – 49	Every 1-5 years
	50 – 64	Every 1-3 years
	65 +	Every 2 years
Blood pressure screening	18 +	Every office visit or at least every 2 years. More often if BP is higher than 120/80 or if you have other risk factors
Cholesterol and lipid screening	18 +	Every 5 years, more often with risk factors
Diabetes screening	18 – 39	If high risk - ask your doctor
	40 +	Every 3 years and at your doctor's request
Colorectal cancer screening	18 – 49	If high risk - ask your doctor
	50 +	Fecal occult blood test every year, sigmoidoscopy every 5 years, or colonoscopy every 10 years
	75+	Ask your doctor
Glaucoma screening	18 – 44	If high risk - ask your doctor
	45 – 64	Every year at age 45
	65+	Every 2 years; every year if high risk
Osteoporosis screening	60 – 64	Every 2 years if high risk
	65+	Every year

What	Age	How Often
For men		
Prostate cancer (digital rectal exam and/or prostate specific antigen test)	50 – 65	Ask your doctor
For women		
Cervical cancer Pap smear	18 – 64	Every 3 years, starting at age 21 or more often if high risk
	65+	Ask your doctor
Mammography with or without clinical breast exam	18 – 39	If high risk - ask your doctor
	40 – 64	Every 1-2 years
	70+	Ask your doctor
Immunization: HPV (Human Papillomavirus)	9 – 26	3 doses
Chlamydia screening	Under 24 (sexually active)	Every year
	25+ (if high risk)	Every year
Immunizations for men and women		
Tdap/Td (tetanus)	11+	Once after age 11 then Td every 10 years
Flu	18 – 49	Every year if high risk; optional for others
	50+	Every year
MMR	19 – 49	2 doses
Varicella	18 – 65+	Ask your doctor
Pneumococcal (meningitis and pneumonia)	18 – 64	Not needed unless high risk
	65+	Once at age 65; booster may be needed in 5 years
Zoster (shingles)	60	1 dose

Good health guidelines for children

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

What	Age	How Often
Well-child exam	0 – 24 months	9 visits
	2 – 18 years	Every year
Parental education: Nutrition, development, injury and poison prevention, SIDS, coping skills, etc.	0 – 24 months	9 visits
Neonatal screening	Birth (after 24 hours)	Once
Tobacco use screening, second hand smoke	0 – 24 months	9 visits
	2 – 18 years	Every year
Record height, weight and body mass index	0 – 24 months	9 visits
	2 – 18 years	Every year
Cholesterol screening	2 – 18 years	Every year if at risk
Blood lead testing	12 months	Once
Vision screening	By age 5	Once (as part of preschool screening)
Preconception & pregnancy: Prevention & counseling	12 years – 18 years (earlier if sexually active)	Every year
For girls		
Cervical cancer Pap smear	At age 21 or within 3 years of first intercourse	Every 3 years after 3 consecutive normal Pap smears over 5 year period
Chlamydia screening	Under age 24 (sexually active)	Every year
Immunization: HPV (Human Papillomavirus)	Age 9-26 years	3 doses

What	Age	Dosage
Immunizations		
DTaP (diphtheria, and acellular tetanus pertussis)	2, 4 and 6 months	1st, 2nd, 3rd dose
	12 – 18 months	4th dose
	4 – 6 years	5th dose
Rotavirus	2, 4 and 6 months	1st, 2nd, 3rd dose
Tdap (tetanus, diphtheria and acellular pertussis)	11 – 12 years	1 dose
Hepatitis A	12 months	1st dose
	18 – 24 months	2nd dose
Hepatitis B Schedule 1	Birth	1st dose
	1 – 2 months	2nd dose
	6 – 18 months	3rd dose
Hepatitis B Schedule 2	1 – 2 months	1st dose
	4 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
Pneumococcal Conjugate (pneumonia)	2, 4 and 6 months	1st, 2nd, 3rd dose
	12 – 15 months	4th dose
HiB (haemophilus)	2, 4 and 6 months	1st, 2nd, 3rd dose
	12 – 15 months	4th dose
Flu	6 months – 5 years	1 dose a year, 2 doses first time
MMR (measles, mumps and rubella)	12 – 15 months	1st dose
	4 – 6 years	2nd dose
Varicella (chickenpox)	12 – 15 months	1st dose
	4 – 12 years	2nd dose
Meningococcal	11 – 12 years	1 dose

