



SCREENINGS (Ages 22 and Older)

Blood Pressure	Normal: <120/80; Hypertension: (Pre) <140/90; (Stage 1) <160/100; (Stage 2) >160/100. All Pre, Stage 1 & 2 — consult with your PCP
Blood Sugar Level	Annual Screenings
Breast Cancer	Mammogram for females at risk under 35; screening every 1 to 2 yrs for ages 35 – 39; annually starting at age 40; MRIs for high-risk females
Colorectal Cancer	Screening beginning at age 50; age 45 for African Americans (earlier for high-risk individuals)
Diabetes	Screening as clinically indicated; especially if sustained BP is > 135/80
Glaucoma Screening	Every 3 to 5 yrs from age 39 – 50 (or every 1 to 2 yrs if at high risk); every 1 to 2 yrs after age 50
Human Papillomavirus (HPV)	Screening with pap smear for women 30 and older (if negative, repeat every 3 yrs)
Total Blood Cholesterol and HDL-C	Every 5 years (more frequently for adults at high risk)

IMMUNIZATIONS

	19 - 21 years	22 - 26 years	27 - 49 years	50 - 59 years	60 - 64 years	65 + years
Influenza (Flu)	Get a flu vaccine every year					
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Get a Tdap vaccine once, then a Td booster vaccine every 10 years					
Varicella (Chickenpox)	2 doses					
HPV Vaccine for Women	3 doses					
HPV Vaccine for Men	3 doses					
Zoster (Shingles)						1 dose
Measles, Mumps, Rubella (MMR)		1 or 2 doses			1 or 2 doses	
Pneumococcal (pneumonia)			1 or 2 doses			1 dose
Meningococcal			1 or more doses			
Hepatitis A				2 doses		
Hepatitis B				3 doses		

Recommended for all adults who lack evidence of previous vaccination or infection, unless your doctor or nurse tells you that you cannot safely receive the vaccine.
 Recommended for adults with certain risks related to their health, job or lifestyle.
 No recommendation

* This chart is for reference purposes only. Consult your physician to determine the proper screenings and immunizations for you and your family.