

# Health Screenings By Age:

## AGE 18-39

- Cervical cancer - women every 3 years
- Cholesterol - once, if normal
- Flu vaccine - annual
- Wellness visit - annual

## AGE 40-65

- Blood pressure - every two years
- Cervical cancer - women every three years
- Cholesterol - once, if normal
- Colon cancer screening - starting at age 45
- Flu vaccine - annual
- Mammogram - women starting yearly at age 40
- Shingles vaccine - start at age 50
- Wellness visit - annual

## AGE 40-65

- Blood pressure - every two years
- Cervical cancer - women every three years
- Cholesterol - once, if normal
- Colon cancer screening - starting at age 45
- Flu vaccine - annual
- Mammogram - women starting yearly at age 40
- Pneumonia vaccine - start at age 65
- Shingles vaccine - start at age 50
- Wellness visit - annual