

# Guidelines to good health for adults

Below is a chart of screenings and vaccinations recommended for adults. Your doctor may have other recommendations depending on your medical history, lifestyle and where you live.

## Men and women

Important screenings and exams	Age	How often	Completed?
<b>Health exam</b> (includes height and weight assessment, body mass index evaluation; review of medical and family history; personalized health advice, education and counseling)	18 years and older	Once a year	
<b>Blood pressure screening</b>	18 years and older	Every 2 years if blood pressure is at or less than 120/80	
		More frequently if diagnosed with high blood pressure — talk with your doctor	
<b>Prediabetes and Type 2 diabetes screening</b>	35 – 70 years	Overweight and obese adults ages 35 – 70 should be screened	
<b>Lung cancer screening</b>	50 – 80 years	Every year if at high risk	



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Important screenings and exams	Age	How often	Completed?
Colorectal cancer screening	18 – 45 years	If at high risk, ask your doctor	
	45 – 75 years	Yearly stool-based test OR stool- and DNA-based test every 3 years OR flexible sigmoidoscopy every 5 years OR virtual colonoscopy every 5 years OR colonoscopy every 10 years OR flexible sigmoidoscopy every 10 years with fecal immunochemical test every year	
	76 – 85 years	Ask your doctor	
Glaucoma screening	By age 40	If at high risk, every 1 to 2 years	
HIV screening	13 – 64 years	At least once, and then every year after if at high risk; pregnant people should be screened	
Chlamydia and gonorrhea screening	Women 24 years and younger	Every year if sexually active	
		Pregnant people should be screened	
	Women 25 years and older	Every year if at high risk	
		Pregnant people at high risk should be screened	
Men	Talk with your doctor, especially if your sexual history puts you at risk		
Cholesterol screening	18 years and older	Every 4 to 6 years; more often with risk factors	
Hepatitis C screening	18 years and older	At least once, and more frequently if at high risk; pregnant people need to be screened each pregnancy	

## Men

Important screenings and exams	Age	How often	Completed?
Prostate cancer (prostate-specific antigen test)	55 – 69 years	Talk with your doctor	
	70 years and older	Should not be screened	

## Women

Important screenings and exams	Age	How often	Completed?
Osteoporosis screening	50 – 64 years	Screening may be needed for women with certain risk factors; talk with your doctor	
	65 years and older	At least once; talk with your doctor	
Mammogram	40 – 74 years	Every 2 years	
Cervical cancer screening	21 – 29 years	Every 3 years with Pap test	
	30 – 65 years	Every 3 years with Pap test OR every 5 years with HPV test OR every 5 years with cotesting (Pap test and HPV test)	
	65 years and older	Ask your doctor	
Pregnancy (prenatal visits)	Childbearing	<b>Weeks 4 – 27:</b> Monthly <b>Weeks 28 – 35:</b> Every 2 weeks <b>Week 36 to birth:</b> Weekly <i>More frequently for high-risk pregnancies</i>	

## Vaccinations for men and women

Important vaccinations	Age	How often	Completed?
HPV (human papillomavirus)	19 – 26 years	2 or 3 doses depending on age at initial vaccination	
	27 – 45 years	Talk with your doctor; possibly 2 or 3 doses depending on age at initial vaccination	
Tetanus, diphtheria and acellular pertussis (Tdap)	19 years and older	1 dose if not previously vaccinated, with a booster every 10 years; pregnant women need a dose in every pregnancy	
Flu	19 years and older	Every year	
COVID-19	19 years and older	At least 1 dose of current vaccine	
Measles, mumps and rubella (MMR)	19 – 64 years	1 – 2 doses	
Varicella (chickenpox)	19 – 43 years	2 doses in most cases	
Hepatitis A (HepA)	19 years and older	If at high risk, 2, 3 or 4 doses depending on vaccine	
Meningococcal A, C, W, Y (MenACWY)	19 years and older	If at high risk, 1 or 2 doses; booster doses if needed	
Meningococcal B (MenB)	19 – 23 years	Ask your doctor	
	24 years and older	If at high risk, 2 or 3 doses depending on vaccine and risk; booster doses if needed	
Hepatitis B (HepB)	19 – 59 years	2, 3 or 4 doses depending on vaccine	
	60 years and older	Talk with your doctor	

Important vaccinations	Age	How often	Completed?
<b>Pneumococcal (PCV15, PCV20)</b>	19 – 64 years	If at high risk	
	65 years and older	1 or 2 doses depending on vaccine and vaccination history	
<b>Zoster recombinant (RZV, Shingrix)</b>	19 – 49 years	Ask your doctor	
	50 years and older	2 doses	
<b>Hib (<i>Haemophilus influenzae</i> type b)</b>	19 years and older	1 or 3 doses depending on risk factor	

*This grid is based on trusted primary sources in U.S. health care: Centers for Disease Control and Prevention, National Institutes of Health, U.S. Centers for Medicare & Medicaid Services, U.S. Department of Health and Human Services and U.S. Preventive Services Task Force. Talk with your doctor if you have questions about anything listed in this grid.*



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