

Teens & Adults		Teens: 11 - 18 years							Adults: 19 - 65+ years												
		11	12	13	14	15	16	17	18	19	20	21-25	30	35	40	45	50	55	60	65+	
Exams	Physical Exam - Height, Weight, Blood Pressure and Skin Cancer Screen	Every 1 - 2 years																			
	Blood Pressure	Regularly, as recommended by your doctor																			
	Self Breast Exam																				Monthly
Tests	Cholesterol Routine Screening																			Every 1 - 5 years	
	Diabetes Screening ¹																			Annually	
	Women – Mammogram ⁵																			Every 1-2 years, ages 40-74	
	Women – Pelvic Exam/Pap Test																			Every 3 - 5 years, as recommended by your doctor	
	Colon Cancer Screening ²																				
	• Stool Occult Blood																				Annually
	• Sigmoidoscopy																				Every 5 years
	• Colonoscopy																				Every 10 years
	Thyroid Stimulating Hormone (TSH)																				Age 65
	Immunizations	Diphtheria, Tetanus (Td/Tdap) ³	Tdap																		Every 10 years
Meningococcal (MenACWY)		MenACWY					Booster														
HPV Females 4 and Males ⁴		HPV (3 doses)										HPV (3 doses) (if not received as a child)									
Pneumococcal (PCV13 and PPSV23)																					1 dose
Shingles																					2 doses
Influenza																					Annually

These guidelines are based on recommendations from the following: U.S. Preventive Services Task Force, American Cancer Society, U.S. Centers for Disease Control, American Academy of Pediatrics, American Academy of Family Physicians and the American College of Obstetricians and Gynecologists, 2010.

¹ For higher-risk individuals (those with high blood pressure, elevated cholesterol, coronary artery disease or who are obese/overweight, earlier screening may be necessary).

² For those with family history of colorectal cancer, screening should begin by age 40.

³ Substitute one-time dose of Tdap for Td booster. Boost with Td every 10 years.

⁴ A complete series consists of three doses. The second dose two months after first, the third six months after first, if you did not receive the 3-shot series as a child. If receiving as an adult male, three doses should be administered between the ages of 19-21.

⁵ Screening for breast cancer by mammography in average-risk women no earlier than 40 and no later than 50. Screening mammography should occur at least biennially and as frequently as annually.

For more information on prevention and wellness, visit our website at BlueKC.com.