

CHECK IT TO PROTECT IT: YOUR HEALTH SCREENING ROADMAP



Screening	Age/Gender	Frequency	Notes
Physical Exam	Men & women	Once every year	Full check-up with your healthcare provider to review overall health.
Blood Pressure	Men & women; 18 & older	At least once a year (more often if elevated)	Helps detect hypertension early to reduce heart disease and stroke risk.
Vision & Glaucoma Screening	Men & women; 40 & over	Every 1-2 years	Checks for early signs of eye disease, including glaucoma.
FIT Test or Colonoscopy or Cologuard	Men & women aged 45-75	FIT: annually; Colonoscopy: every 10 years; Cologuard: every 3 years	Detects early colon cancer and pre-cancerous polyps.
Cholesterol Blood Test	Men & women age 20+	Every 4-6 years; more often if at risk	Helps monitor heart health and detect high cholesterol early.
Diabetes Screening	Men & women age 35+; earlier if overweight or at risk	Every 3 years; more often if overweight or at risk	Measures blood sugar to detect type 2 diabetes or prediabetes.
Dental Checkup	Men & women	Every 6 months	Prevents cavities, gum disease, and detects oral health problems.
Pap Test	Women aged 21-65	Every 3 years	Detects cervical cell changes before they become cancer.
HPV/Pap Co-Test	Women aged 30-65	Every 5 years	Checks for HPV and cervical cell changes before they become cancer.
Breast Exam & Mammogram	Women aged 40-75	Every 1-2 years	Detects early signs of breast cancer.
Skin Exam	Men & women; high risk if fair skin, sunburn history, or family history of skin cancer	Self-check monthly; clinical exam every 1-3 years; annually if high risk	Detects skin cancers (melanoma, basal cell, squamous cell) early.
Hearing Test	Men & women starting at age 50; earlier if symptoms present	Every 3 years	Detects hearing loss, which can affect communication and cognitive health.
Prostate Cancer Screening (PSA Test)	Men aged 50-75 who are at average risk; 40-49 for men at high risk of developing prostate cancer	Every 1-2 years based on shared decision-making (talk to your doctor first)	Detects prostate cancer early.
Lung Cancer Screening (Low-dose CT)	Men & women 50-80 with heavy smoking history (20 pack-years)	Annually (can stop 15 years after quitting)	Detects early-stage lung cancer.
HIV Test	Sexually active individuals	Once in lifetime; more if high risk	Detects HIV early for timely treatment.
Hepatitis C Screening	Men & women aged 18-79 once; more often if at risk	Once or as needed	Detects Hepatitis C infection.
STD/STI Screening	Sexually active individuals	Annually or per risk	Prevents complications and transmission.
Immunizations Review	Men & women	At each physical	Ensures vaccinations (flu, shingles, pneumonia, HPV, Tdap, etc.) are up to date.

Note: These are general guidelines. Talk to your doctor & follow your healthcare provider's advice regarding test and exams.