

CHECK IT TO PROTECT IT: YOUR HEALTH SCREENING ROADMAP

ALABAMA
PUBLIC
HEALTH

| 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.