WOMEN - Age Appropriate Health Screenings

AGE	TIMING	SCREENING	
20s & 30s	Once a month	• Breast self-exam	• Self-check skin cancer screening
	Once a year	• Blood pressure screening • Height, weight, body mass index (BMI) • Breast self-exam	• Cardiovascular evaluation • Comprehensive physical exam • Depression screening
	Every 2-5 years *	• Blood sugar test • Eye exam	• Human papilloma virus (HPV) test • Pap test
	Every 5 years	• Cholesterol check	
	As needed *	• Sexually transmitted diseases (STD) tests	
40s	Once a month	• Breast self-exam	• Self-check skin cancer screening
	Once a year	• Mammogram • Full-body skin exams • Blood pressure screening • Height, weight, body mass index (BMI)	• Breast self-exam • Cardiovascular evaluation • Comprehensive physical exam • Depression screening
	Every 2-5 years *	• Blood sugar test • Eye exam • Human papilloma virus (HPV) test	• Pap test • Cholesterol check
	Every 10 years	• Colon cancer screening	
	As needed *	• Sexually transmitted diseases (STD) tests	
50s	Once a month	• Breast self-exam	• Self-check skin cancer screening
	Once a year	• Mammogram • Full-body skin exams • Blood pressure screening • Height, weight, body mass index (BMI)	• Breast self-exam • Cardiovascular evaluation • Comprehensive physical exam • Depression screening
	Every 2-5 years *	• Blood sugar test • Eye exam • Human papilloma virus (HPV) test	• Pap test • Cholesterol check
	Every 5 years	• Bone density test	• Thyroid panel
	Every 10 years	• Colon cancer screening • Cardiac calcium scoring	• Hearing test
	As needed *	• Sexually transmitted diseases (STD) tests	• Low-dose lung CT scan
60s	Once/month	• Breast self-exam	• Self-check skin cancer screening
	Once/year	• Mammogram • Full-body skin exams • Blood pressure screening • Height, weight, body mass index (BMI) • Breast self-exam	• Cardiovascular evaluation • Comprehensive physical exam • Depression screening • Dementia and Alzheimer's screening
	Every 2-5 years *	• Blood sugar test • Eye exam • Human papilloma virus (HPV) test	• Pap test • Cholesterol check
	Every 5 years	• Bone density test	• Thyroid panel
	Every 10 years	• Colon cancer screening • Cardiac calcium scoring	• Hearing test
	As needed *	• Sexually transmitted diseases (STD) tests	• Low-dose lung CT scan

**** And/or as recommended by your primary care provider***

Source: https://www.uhhospitals.org/services/primary-care/routine-care/your-guide-to-health-screenings-by-age (12-01-2024)

MEN - Age Appropriate Health Screenings

AGE	TIMING	SCREENING	
20s & 30s	Once a month	• Self-check skin cancer screening	• Testicular self-exam
	Once a year	• Blood pressure screening • Height, weight, body mass index (BMI) • Cardiovascular evaluation	• Comprehensive physical exam • Depression screening • Testicular cancer screening
	Every 2-5 years *	• Blood sugar test	• Eye exam
	Every 5 years	• Cholesterol check	
	As needed *	• Sexually transmitted diseases (STD) tests	• Fertility testing
40s	Once a month	• Self-check skin cancer screening	• Testicular self-exam
	Once a year	• Full-body skin exam • Blood pressure screening • Height, weight, body mass index (BMI) • Cardiovascular evaluation	• Comprehensive physical exam • Depression screening • Testicular cancer screening
	Every 2-5 years *	• Cholesterol check • Blood sugar test	• Eye exam
	Every 10 years	• Colon cancer screening	
	As needed *	• Sexually transmitted diseases (STD) tests	• Fertility testing
50s	Once a month	• Self-check skin cancer screening	• Testicular self-exam
	Once a year	• Cholesterol check • Full-body skin exam • Blood pressure screening • Height, weight, body mass index (BMI)	• Cardiovascular evaluation • Comprehensive physical exam • Depression screening • Testicular cancer screening
	Every 2-5 years *	• Blood sugar test	• Eye exam
	Every 10 years	• Colon cancer screening • Cardiac calcium scoring	• Hearing test
	As needed *	• Sexually transmitted diseases (STD) tests • Fertility testing • Bone density test	• Low-dose lung CT scan • Prostate specific antigen (PSA) screening
60s	Once a month	• Self-check skin cancer screening	• Testicular self-exam
	Once a year	• Dementia and Alzheimer's screening • Cholesterol check • Full-body skin exam • Blood pressure screening • Height, weight, body mass index (BMI)	• Cardiovascular evaluation • Comprehensive physical exam • Depression screening • Testicular cancer screening
	Every 2-5 years *	• Blood sugar test	• Eye exam
	Every 10 years	• Colon cancer screening • Cardiac calcium scoring	• Hearing test
	As needed *	• Sexually transmitted diseases (STD) tests • Fertility testing • Bone density test • Low-dose lung CT scan	• Prostate specific antigen (PSA) screening • Abdominal aortic aneurysm (AAA)

**** And/or as recommended by your primary care provider***

Source: https://www.uhhospitals.org/services/primary-care/routine-care/your-guide-to-health-screenings-by-age (12-01-2024)