Screenings/Exams you need:

**AT LEAST ONCE YEARLY CHECK YOUR**

**Height  
Weight  
Blood Pressure  
Body Mass Index (BMI) BMI =703 x (weight in lb/height in inches 2)**

|  |  |
| --- | --- |
| **Category** | **BMI range – kg/m2** |
| Very severely underweight | less than 15 |
| Severely underweight | from 15.0 to 16.0 |
| Underweight | from 16.0 to 18.5 |
| **Normal (healthy weight)** | **from 18.5 to 25** |
| Overweight | from 25 to 30 |
| Obese Class I (Moderately obese) | from 30 to 35 |
| Obese Class II (Severely obese) | from 35 to 40 |
| Obese Class III (Very severely obese) | over 40 |

Wellness Physical Exam

|  |  |
| --- | --- |
| **AGE** | **RECOMMENDATION** |
| 19 – 21 years | Once every 2 – 3 years; annually if desired |
| 22 – 64 years | Once every 1 – 3 years |
| 65 and older | Once every year |

**Ages 13-18**

**Exams and Screening Tests**

**If sexually active or have ever been sexually active**

* **Chlamydia and gonorrhea testing**
* **Both can be done by vaginal swab or by a urine test**
* **Human immunodeficiency virus (HIV)**
* **Hepatitis B & C Screening**
* **Both done by blood testing**
* **Repeat testing with each partner change**

**Immunizations**

|  |  |
| --- | --- |
| **VACCINE** | **WHEN** |
| **Tdap (Diphtheria- Tetanus-Pertussis)** | **Tdap once between age 11-18 if not previously vaccinated then booster every 10 years** |
| **Hepatitis B** | **Once if not previously vaccinated** |
| **HPV Human Papilloma Virus (series of 3 shots)** | **One series between ages 9-26** |
| **Influenza** | **yearly** |
| **MMR (Measles- Mumps-Rubella)** | **One or 2 doses if not previously vaccinated. 4 weeks apart.** |
| **Meningococcal vaccine** | **One dose if not previously vaccinated. If first dose given age 13–15 then second dose age 16–18 years.** |
| **Varicella –Chicken Pox (Series of 2 injections)** | **One series if no prior vaccination and no history of Chicken Pox.** |

**Ages 19-39**

**Exams and Screening Tests**

**Cervical cancer screening-**Pap test combined with testing for human papillomavirus

* **Age 21–29** years: Pap test every 3 years
* **Age 30 years and older:**
* **Preferred:** Pap test and human papillomavirus testing (co-testing) every 5 years
* Optional: Pap test alone every 3 years

**Chlamydia and gonorrhea testing**

* If 25 years or younger and sexually active
* Repeat testing any time there is a partner change

**Clinical breast exam-**Breast exam by a health care provider

* Every 1–3 years beginning at age 20 years

**Human immunodeficiency virus (HIV) test**

* At least once during your lifetime;
* Any time you have a partner change.
* You participate in **high risk behaviors** -sex without a condom, multiple or anonymous partners, use or have sex with someone who uses IV drugs, sex with a man who has sex with other men

IMMUNIZATIONS

|  |  |
| --- | --- |
| **VACCINE** | **WHEN** |
| Tdap (Diphtheria- Tetanus-Pertussis) | Once every 10 years |
| Human Papilloma Virus (HPV) –Series of 3 injections | One series -if age 26 years or younger & not previously immunized |
| Influenza | Yearly |
| MMR (Measles–Mumps­–Rubella) | If not previously immunized |
| Varicella vaccine (Chicken Pox) Series of 2 injections | One series if no prior vaccination and no history of Chicken Pox |

Health Topics Age 13-18

**Sexuality**

* Changes in your body
* Waiting to have sex
* Sexual behaviors that can put you at risk of pregnancy or sexually transmitted diseases
* Contraception, including emergency contraception.
* STD Prevention (Condom Use)

**Fitness and Nutrition**

* Physical activity
* Nutrition (including eating disorders & weight concerns)
* Important vitamins and minerals (such as folic acid and calcium)

**Risk Factors for Heart Disease-- including Family History**

* Personal risk factors for: high blood pressure, high cholesterol, obesity & Diabetes
* Personal history of preeclampsia, gestational diabetes, or pregnancy-induced HTN

**Your Relationships and Mental Health**

* Depression and suicide
* Family relationships
* Sexual orientation and gender identity
* Behavioral and learning disorders
* Emotional, physical, and sexual abuse by a family member or partner
* School experience
* Relationships with friends
* Acquaintance rape prevention
* Bullying

**Other Topics**

* Hygiene (including dental hygiene)
* Injury prevention: exercise & sports safety, weapons & firearms safety, recreational hazards, protecting your hearing, helmet use
* Safe driving practices (no distracted driving): seat belt use, no texting or driving under the influence of substances
* Sun screen/UV light danger
* Tobacco, alcohol, and other drug use
* Piercing and tattooing
* Internet and phone safety

Health Topics Age 19-39

**Sexuality and Reproductive Planning**

* Contraception including reproductive plan before & between pregnancies
* Preconception & genetic counseling
* Sexual problems or concerns
* Preventing sexually transmitted diseases (High Risk Sexual Practices & condom use)

**Fitness and Nutrition**

* Physical activity
* Nutrition (including eating disorders and weight concerns)
* Important vitamins and minerals (such as folic acid and calcium)

**Cardiovascular Risk Factors**

* Family history of heart disease
* Personal risk factors for heart disease, such as high blood pressure, high cholesterol, obesity, and diabetes
* Personal history of preeclampsia, gestational diabetes, or pregnancy-induced hypertension

**Your Relationships and Mental Health**

* Your personal and family relationships
* Intimate partner violence
* Acquaintance rape prevention
* Work satisfaction
* Lifestyle and stress
* Sleep disorders

**Other Topics**

* Use of complementary & alternative medicine
* Breast awareness & self-examination
* Medication to prevent breast cancer (if you are aged 35+ years and at high risk for breast cancer
* Dental care
* Injury prevention: exercise, sports, & firearm safety, occupational & recreational hazards, protecting your hearing
* Safe driving practices: seat belt use, no distracted driving or driving under the influence of substances
* Skin exposure to ultraviolet rays
* Depression & suicide
* Tobacco, alcohol, and other drug use

**Ages 40-64**

**Exams and Screening Tests**

**Cervical cancer screening & Yearly Pelvic Exam**

* **Pap test-** Can be combined with testing for HPV age 30+
* **Preferred**: Pap test and HVP testing (co-testing) every 5 years
* Optional: Pap test alone every 3 years (Yearly in high risk patients)

**Clinical Breast Exam**

* **Yearly breast exam** by a health care provider
* **Mammogram yearly** (ACS Recommendations)

**Colorectal cancer screening**

• **Yearly fecal occult blood test** (hemoccult)

* **Colonoscopy** every 10 years (preferred) **beginning at age 50 years**. (Age 45 for AF AM’s)
* **Family HX of colon cancer**-begin at age 40
* Other methods for testing but not preferred: Flexible sigmoidoscopy every 5 years, Double contrast barium enema test every 5 years, Computed tomography every 5 years

**Diabetes testing**

* Every 3 years starting age 45 if NO risk factors.
* Earlier Screening if risk factors- overweight(BMI > 25), race, family history, hypertension, hx of gestational diabetes, physical inactivity.)

**Lipid Profile Assessment -** assess your risk of heart disease

* Every 5 years beginning at age 45 years
* 5 to 10 years earlier **(age 35**) if there is a Family Hx of a lipid disorder or two other characteristics that place the individual at increased risk of coronary heart disease.

**Hepatitis C and HIV testing-**At least once during your adult lifetime.

* Review risk factors yearly and repeat testing as needed.
* **Hep C-persons born between 1945 & 1965 who have not been previously tested.**

**Thyroid-stimulating hormone screening (TSH)**

* A test to check if your thyroid gland is working correctly
* Every 5 years beginning at age 50 years

**Immunizations**

|  |  |
| --- | --- |
| **Vaccine** | **When** |
| (Tdap) Diphtheria, Tetanus & Pertussis (Whooping Cough) or (Td) Tetanus-Diphtheria Vaccine | Tdap or TD booster every 10 years.  \*Tdap recommended if frequent contact with small children. |
| Herpes Zoster (Shingles) Vaccine (Varicella) | Once if aged 60 years or older even if you had Chicken Pox in past or previously vaccinated against Chicken Pox |
| Influenza Vaccine | Yearly |
| Measles–Mumps­–Rubella Vaccine | For those born in 1957 or later, if not previously immunized |
| Varicella Vaccine (Chicken Pox) | 2 doses given 4 weeks apart if not previously vaccinated and never had chicken pox |

Health Topics Age 40-64

**Sexuality and Reproductive Planning**

* Contraception
* Sexual problems or concerns
* Preventing sexually transmitted diseases (such as condom use)
* Preconception and genetic counseling (may be appropriate for some women)

**Fitness and Nutrition**

* Physical activity
* Nutrition (including eating disorders and weight concerns)
* Important vitamins and minerals (such as folic acid and calcium)

**Cardiovascular Risk Factors**

* Family history of heart disease
* Personal risk factors for heart disease, such as high blood pressure, high cholesterol, obesity, and diabetes
* Personal history of preeclampsia, gestational diabetes, or pregnancy-induced hypertension

**Your Relationships and Mental Health**

* Your family relationships
* Intimate partner violence
* Work satisfaction
* Lifestyle and stress
* Sleep disorders

**Advance directives & POA Health Care & Wills**

**Other Topics**

* Use of complementary and alternative medicine

**Low Dose Aspirin to reduce the risk of stroke if you are aged 55­–79 years; talk to your health care provider before starting an aspirin regimen**

* Medication to prevent breast cancer (if you are aged 35 years or older and at high risk of breast cancer)
* Breast self-awareness (may include breast self-examination)
* Hormone therapy
* Dental hygiene
* Injury prevention: exercise and sports safety, firearms safety, occupational and recreational hazards, protecting your hearing
* Safe driving practices: seat belt use, no distracted driving or driving while under the influence of substances
* Sun exposure
* Depression and suicide
* Tobacco, alcohol, and other drug use
* Menopausal symptoms
* Urinary and fecal incontinence
* Pelvic support problems

**Ages 65 Plus**

**Exams and Screening Tests**

**Bone density screening-** screening test for osteoporosis

* No more than once every 2 years beginning at age 65 years, unless new health risks develop
* Can space to every 5 years—no consensus data yet on when to stop testing.

**Cervical cancer screening**

* 30+ patients--(Pap test) co-testing HPV in women aged 30 years and older
* You and your health care provider **may decide to discontinue cervical cancer screening if you have had two negative co-test results in a row OR three negative Pap test results in a row within the previous 10 years, with the most recent test performed within the past 5 years, and no history of High Risk HPV or moderate dysplasia or higher.**

**Ovarian Cancer Screening-** Peak incidence of ovarian cancer is age 65.

* No great screening tool, yearly pelvic examination recommended unless Family Hx. Then add Ca-125 and pelvic US yearly.

**Clinical breast exam -**by a health care provider yearly

**Mammography**-Yearly; talk to your health care provider about whether to continue having mammograms > aged 80 years.

**Colorectal cancer screening-**

**Colonoscopy every 10 years (preferred**) with yearly fecal occult blood testing in between.

Other methods include the following tests:

• Flexible sigmoidoscopy every 5 years

• Double contrast barium enema test every 5 years

• Computed tomography every 5 years

* People **> age 75** who **have been getting regular colon cancer screening since age 50 and who have had consistently negative screenings** — no polyps (adenomas) or colon cancer — have no family Hx of increased risk of colon cancer **may discontinue colonoscopies after age 75**.

**Diabetes testing**

* Every 3 years
* Shorter interval **(every 1-2 years) if risk factors**- overweight (BMI > 25), race, family history, hypertension, hx of gestational diabetes, prior elevated fasting blood sugar, and physical inactivity.)

**Hepatitis C and HIV testing**

* Once for persons born between 1945 and 1965 who are not aware of their infection status, or have risk factors.

**Lipid profile assessment**

* Every 5 years

**Thyroid-stimulating hormone screening**

* Every 5 years

**Immunizations**

|  |  |
| --- | --- |
| **Vaccine** | **When** |
| Tdap-Diphtheria, tetanus, & pertussis vaccine booster (Tdap) or tetanus–diphtheria (Td) booster | Substitute one-time dose of Tdap for Td booster shot that is given every 10 years |
| Herpes zoster vaccine | Once if not previously immunized |
| Influenza vaccine | Yearly |
| Pneumococcal vaccine | Once after age 65 to prevent pneumonia |
| Varicella vaccine | One series if not previously immunized or never had chickenpox |