

# POTENTIAL HEALTH SCREENINGS AND ANNUAL WELLNESS VISIT INFORMATION

No matter your age, it is important to find a Primary Care Physician you like and schedule an annual check-up. Yearly visits are the best way to detect any changes in your health before they develop into bigger issues. The recommended screenings, by age group, are below and covered by your benefits with Community Health Choice.

## MALE

SCREENING	HOW OFTEN?
Eye Exam	Every 1-2 years
Hearing Test	Every 10 years
Blood Pressure Screening	Every 2 years
Skin Exam	Yearly
Testicular Exam	Yearly

SCREENING	HOW OFTEN?
Blood Pressure Screening	Every 2 years
Skin Exam	Yearly
Blood Glucose Test	Every 5 years
Cholesterol Screening	Every 5 years
Testicular Exam	Yearly

SCREENING	HOW OFTEN?
Blood Pressure Screening	Every 2 years
Skin Exam	Yearly
Blood Glucose Test	Every 5 years
Prostate Exam	Every 3 years
Testicular Exam	Yearly

SCREENING	HOW OFTEN?
Blood Pressure Screening	Every 2 years
Blood Glucose Test	Every 5 years
Cholesterol Screening	Every 5 years
Colonoscopy	Every 5-10 years
Testicular Exam	Yearly
Prostate Exam	Every 3 years

SCREENING	HOW OFTEN?
Blood Pressure Screening	Every 2 years
Blood Glucose Test	Every 5 years
Cholesterol Screening	Every 5 years
Colonoscopy	Every 5-10 years
Colorectal Screening	Every 3 years
Bone Density Testing	Every 3 years
Herpes Booster	Once
Pneumonia Booster	Once
Prostate Exam	Every 3 years
Testicular Exam	Yearly

## FEMALE

SCREENING	HOW OFTEN?
Eye Exam	Every 1-2 years
Hearing Test	Every 10 years
Blood Pressure Screening	Every 2 years
Skin Exam	Yearly
Pelvic Exam	Yearly
Pap Smear	Every 3 years

SCREENING	HOW OFTEN?
Blood Pressure Screening	Every 2 years
Skin Exam	Yearly
Blood Glucose Test	Every 5 years
Cholesterol Screening	Every 5 years
Thyroid Stimulating Hormone Test	Every few years
Pelvic Exam	Yearly
Pap Smear	Every 3 years

SCREENING	HOW OFTEN?
Blood Pressure Screening	Every 2 years
Skin Exam	Yearly
Blood Glucose Test	Every 5 years
Pelvic Exam	Yearly
Pap Smear	Every 3 years
Bone Density Testing	Every 3 years
Mammogram	Yearly
Ovarian Screening	Every 3 years

SCREENING	HOW OFTEN?
Blood Pressure Screening	Every 2 years
Blood Glucose Test	Every 5 years
Cholesterol Screening	Every 5 years
Colonoscopy	Every 5-10 years
Pelvic Exam	Yearly
Pap Smear	Every 3 years
Bone Density Testing	Every 3 years
Mammogram	Yearly
Ovarian Screening	Every 3 years
Coronary Screening	Yearly
Fecal Occult Blood Test	Yearly

SCREENING	HOW OFTEN?
Blood Pressure Screening	Every 2 years
Blood Glucose Test	Every 5 years
Cholesterol Screening	Every 5 years
Colonoscopy	Every 5-10 years
Colorectal Screening	Every 3 years
Bone Density Testing	Every 3 years
Herpes Booster	Once
Pneumonia Booster	Once
Pelvic Exam	Yearly
Pap Smear	Every 3 years
Mammogram	Yearly
Ovarian Screening	Every 3 years
Fecal Occult Blood Test	Yearly
Coronary Screening	Yearly

### What are these screenings for?

- Blood Glucose Test** - tests for risk of diabetes
- Blood Pressure Screening** - tests for heart conditions
- Bone Density Testing** - tests for signs of osteoporosis
- Cholesterol Screening** - tests for heart disease
- Colonoscopy** - tests for colorectal cancer or precancerous polyps
- Colorectal Screening** - tests for colorectal cancer
- Coronary Screening** - tests for heart disease

- Eye Exam** - tests for vision, glaucoma, and macular degeneration
- Fecal Occult Blood Test** - tests for early signs of colon cancer
- Hearing Test** - tests for ear function
- Herpes Booster** - prevents shingles
- Mammogram** - tests for signs of breast cancer
- Ovarian Screening** - tests for signs of ovarian cancer
- Pap Smear** - tests for risk of cervical cancer

- Pelvic Exam** - tests for signs of cancer
- Pneumonia Booster** - protects against pneumonia
- Prostate Exam** - tests for risk of prostate cancer
- Testicular Exam** - tests for signs for testicular cancer
- Skin Exam** - tests for signs for skin cancer
- Thyroid Stimulating Hormone Test** - tests for under or overactive thyroid

Source: <https://www.piplum.com/how-to/health-screening-by-age-5-age-groups-poster/>