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

FEMALE

HOW OFTEN?

Every 1-2 years

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Prostate Exam Every 3 years			

Blood Pressure Screening - tests for heart conditions

Bone Density Testing - tests for signs of osteoporosis

Colonoscopy - tests for colorectal cancer or precancerous polyps

Coronary Screening - tests for heart disease

Source

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

Cholesterol Screening - tests for heart disease Colorectal Screening - tests for colorectal cancer Pap Smear - tests for risk of cervical cancer

Fecal Occult Blood Test - tests for early signs of colon cance

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

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

SCREENING

Mammogram

Ovarian Screening

SCREENING

Eye Exam

Blood Pressure Screening Blood Glucose Test Cholesterol Screening Colonoscopy Pelvic Exam Pap Smear Bone Density Testing Mammogram **Ovarian Screening Coronary Screening** Fecal Occult Blood Test

HOW OFTEN? Every 2 years Every 5 years Every 5 years Every 5-10 years Yearly Every 3 years Every 3 years Yearly Every 3 years Yearly Yearly

Yearly Every 3 years

SCREENING

Blood Pressure Screening Blood Glucose Test **Cholesterol Screening** Colonoscopy Colorectal Screening **Bone Density Testing** Herpes Booster Pneumonia Booster Pelvic Exam Pap Smear Mammogram Ovarian Screening Fecal Occult Blood Test **Coronary Screening**

HOW OFTEN?

Every 2 years Every 5 years Every 5 years Every 5-10 years Every 3 years Every 3 years Once Once Yearly Every 3 years Yearly Every 3 years Yearly Yearly

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 overactive thyro



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