We’re all busy—sometimes even too busy to go to the doctor when we’re sick. So going to the doctor when we are well, for preventive screenings and shots, may seem impossible.

But the truth is that getting regular checkups can help you stay healthy, prevent disease, and can even save your life.

Mark the ones you may need below. Take this to your doctor to talk about which of these tests and shots you need, and when you should get them.

**Routine Health Exams**

- **Cholesterol**
  Beginning at age 45 for women, and age 35 for men
- **Chlamydia and Gonorrhea Screening**
  For women if age 24 or younger and sexually active, and older women at increased risk
- **Osteoporosis Test**
  Beginning at age 65 for women
- **Blood Pressure**
  Beginning at age 18 for men and women
- **Body Mass Index (BMI)**
  At regular checkups for all adults
- **HIV Test**
  For men and women ages 15 to 65, and all pregnant women
- **Depression Screening**
  For general adult population, including pregnant and postpartum women
- **Tuberculosis (TB) screening**
  For adults at increased risk
### Immunizations (shots)

- **Tetanus-Diphtheria-Pertussis (Td or Tdap)**
  1 dose Tdap, then Td booster every 10 years. Pregnant women should get a Tdap vaccine with each pregnancy.

- **Influenza (Flu Shot)**
  Every year for all adults.

- **Pneumococcal (PCV13 or PPSV23)**
  1 dose after age 65.

- **Zoster (RZV)**
  2 doses for age 50 or older.

- **Measles, Mumps, Rubella (MMR)**
  1 or 2 doses for adults born in 1957 or later.

- **Chicken Pox (VAR)**
  2 doses for adults with no history of immunity.

- **Human Papillomavirus (HPV)**
  If not already completed, women ages 19–26 and men ages 19–21 should get 2 or 3 doses given over 6 months.

### Cancer Screenings

- **Colorectal Cancer Screening**
  For men and women beginning at age 50 and continuing until age 75.

- **Cervical Cancer Screening (Pap Smear)**
  Every 3 years for women 21 to 65 or every 5 years for women ages 30 to 65 with an HPV test.

- **Breast Cancer Screening (Mammogram)**
  Every 2 years for women 50 to 74.

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*This summary is based on the CDC Recommended Adult Immunization Schedule and select U.S. Preventive Services Task Force (USPSTF) recommendations. A complete list of USPSTF A and B recommendations is available at: uspreventiveservicestaskforce.org/uspstopics.htm. The complete CDC Immunization Schedule can be found at cdc.gov/vaccines. This document is updated annually; visit cencalhealth.org for the most recent version.*