

# Adult Preventive Care Timeline



Preventive screenings aid in early detection and treatment of various diseases. The following chart outlines the recommended screenings for some common conditions that may occur over one's lifespan.

**START** by marking your age on the scale below. Consider using a bright pen or marker to draw a line from your age down to the bottom of the page.

## Screenings

Age in Years	18	25	30	35	40	45	50	55	60	65	70	75
<b>Preventive Wellness Exam</b>	Primary Care Visit: Ongoing for Men & Women 18-80 years old											
<b>Routine Tests</b>												
Blood Pressure	Men & Women at Least 1 Time Per Year											
Cholesterol (Men)	At Risk			At Least Every 5 Years						At Risk		
(Women)	At Risk			At Least Every 5 Years						At Risk		
Diabetes	Men & Women At Risk for Heart Disease											
<b>Cancer</b>												
Breast Cancer	At Risk			Women Every 1-2 Years								
Cervical Cancer (Women)	Pap test Every 3 Years			Pap Test and HPV Test Every 5 Years								
Colorectal Cancer	At-Risk Men & Women			Men & Women Every Year								
Prostate Cancer	At-Risk Men			Men Every Year								

### What does it mean to be "at risk"?

Being "at risk" means you may be at increased risk for a specific disease or condition. Risk may be based on your family history, lifestyle, and weight. Behaviors such as tobacco use or lack of physical activity, as well as other health conditions, such as diabetes, can also contribute to your risk.



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236 April 2024

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Disclaimer: This information is not intended as a substitute for a physician evaluation. This material is for informational purposes only.

## Screenings

Age in Years	18	25	30	35	40	45	50	55	60	65	70	75	
<b>Bone Health</b>													
Osteoporosis									At-Risk Men and Women				
<b>Mental Health</b>													
Depression & Anxiety	Men and Women Consult Doctor Every Year												
<b>Sensory Health (Men &amp; Women)</b>													
Hearing & Vision	Every 1-2 Years												
Glaucoma					Every 1-3 Years			Every 1-2 Years			Every 6-12 Months		
Retinal Eye Exam	At-Risk												
<b>Immunizations</b>													
Influenza (Flu) Vaccine	Men and Women Every Year												
Pneumonia Vaccine	At-Risk Men & Women (19-64 Years Old)								Men & Women				
Tetanus, Diphtheria, Pertussis (Tdap) Vaccine	Men and Women Once If Never Received as an Adolescent												
Shingles Vaccine							Men & Women						
Human Papillomavirus (HPV) Vaccine	Men & Women		At-Risk Men & Women										
Measles, Mumps, Rubella (MMR) Vaccine	Men & Women (19-64 Years Old If Born After 1957)												
Varicella Vaccine	Men & Women (If Born 1980 Or Later)					At Risk (46-80 Years Old)							

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**Resources** [www.CDC.gov](http://www.CDC.gov)



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