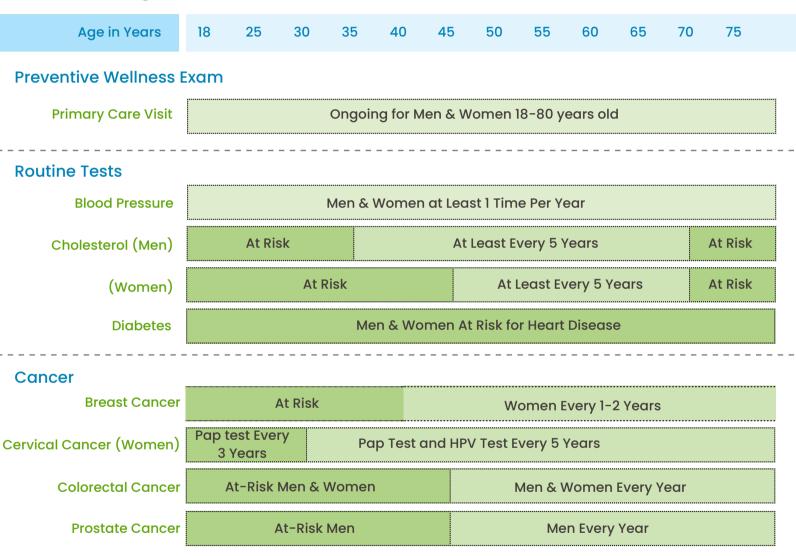
# Adult Preventive Care Timeline



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**



### 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.

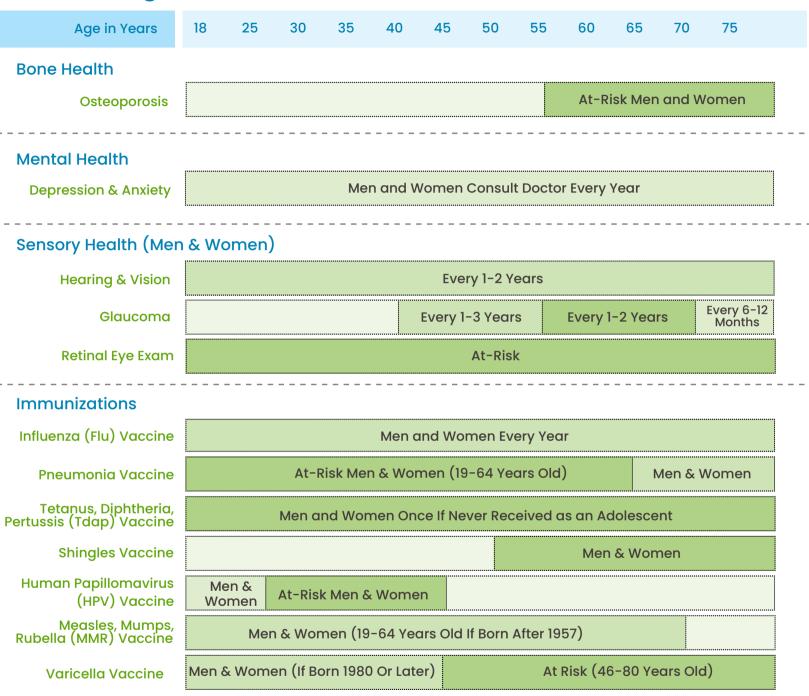


Scan the QR code to access a digital copy of this resource. WWW.RampHealth.com 236 April 2024 ©2024 Ramp Health. All Rights Reserved. Disclaimer: This information is not intended as a substitute for a physician evaluation. This material is for informational purposes only.

# Adult Preventive Care Timeline



## Screenings



### 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.

#### Resources www.CDC.gov



Scan the QR code to access a digital copy of this resource.

#### WWW.RampHealth.com 236 April 2024 ©2024 Ramp Health. All Rights Reserved. Disclaimer: This information is not intended as a substitute for a physician evaluation. This material is for informational purposes only.