



## Preventive Health Screenings

Be sure to keep up with preventive screenings based on your age and gender at birth. During your appointment, you'll be asked to confirm whether you've completed these screenings.

Your nurse will share information about preventive care based on recommendations from leading health authorities (including the CDC, U.S. Preventive Task Force, AHA, ACS, NCI, and the NIH).

*(These recommendations are based on a participant's gender at birth. Additional recommendations can be provided during your appointment about preventive screening guidelines for nonbinary and transgender participants utilizing hormone replacement therapies.)*

Age 19-49	Age 50-64	Age 65+	
<b>Lab work/blood tests</b> Every 1-2 years based on health risks, annually beginning at age 40	<b>Lab work/blood tests</b> Annually	<b>Lab work/blood tests</b> Annually	
<b>Physical wellness exam</b> Every 1 - 2 years	<b>Physical wellness exam</b> Annually	<b>Physical wellness exam</b> Annually	
<b>Pelvic and breast exam</b> Females: Every 1-5 years	<b>Pelvic and breast exam</b> Females: Every 1-5 years	<b>Breast cancer screening</b> Females: Mammogram every 1-2 years	
<b>Skin cancer screening</b> Every 1 - 3 years	<b>Breast cancer screening</b> Females: Mammogram every 1-2 years starting at age 50	<b>Prostate cancer screening</b> Males: Prostate specific antigen (PSA) test for those with history of prostate cancer or who have acute concerns	
	<b>Prostate cancer screening</b> Males: Prostate specific antigen (PSA) test for those with a history of prostate cancer or who have acute concerns	<b>Abdominal aortic aneurysm</b> Males aged 65-75 if you've ever smoked (one-time screening)	
	<b>Colorectal cancer screening</b> Options for testing, starting at age 45: <ul style="list-style-type: none"> <li>• Colonoscopy every 10 years</li> <li>• Flexible sigmoidoscopy every 5 years</li> <li>• Cologuard testing every 3 years</li> <li>• Fecal occult blood testing annually</li> </ul>	<b>Colorectal cancer screening</b> Options for testing, starting at age 45: <ul style="list-style-type: none"> <li>• Colonoscopy every 10 years</li> <li>• Flexible sigmoidoscopy every 5 years</li> <li>• Cologuard testing every 3 years</li> <li>• Fecal occult blood testing annually</li> </ul>	
	<b>Bone density screening</b> Females: Beginning at age 50 every 2 years if you've had bone fractures or ever smoked	<b>Bone density screening</b> Females: Beginning at age 65 every 2 years	
	<b>Skin cancer screening</b> Annually	<b>Skin cancer screening</b> Annually	