



Recommended Preventive Screenings

We encourage you to be an active partner in maintaining good health. These health guidelines are based on recommendations from national medical organizations and the most current medical and scientific literature. While these guidelines are our recommendations for healthy adults, they may not always apply to you and your physical condition. Please discuss questions you have about your health care with your primary care physician. He or she may recommend a different schedule based on your needs.

SCREENINGS FOR MEN AND WOMEN	AGE	HOW OFTEN
Health exam including height and weight assessment; body mass index; evaluation and obesity counseling; alcohol and tobacco use discussion	18 to 49 50 to 65+	Every one to five years Every one to three years
Blood pressure screening	18+	Screen at each visit
Diabetes screening	40 to 75	Screen blood glucose when adults have BMI >25
Colon cancer screening	18 to 49 50 to 75 76+	If high risk, ask your doctor Screening Intervals: Fecal occult blood test every year AND Sigmoidoscopy every five years with fecal occult blood test every three years OR Colonoscopy every 10 years Ask your doctor
HIV screening	15 to 65 High-risk individuals	Screen Every year
Hepatitis C screening	50+	If high risk, screen. Recommend one-time screening for adults born between 1945 and 1965 and those at high risk.
Lung cancer screening	55 to 80	If high risk, screen every year
Skin cancer screening	55 to 80	If high risk, screen every year

SCREENINGS FOR MEN	AGE	HOW OFTEN
Cholesterol and lipid screening	35+	Every five years; more often with risk factors
Prostate cancer screening	50+	Ask your doctor
Aspirin use	45 to 79	Ask your doctor

SCREENINGS FOR WOMEN	AGE	HOW OFTEN
Cholesterol and lipid screening	20 to 45+	Ask your doctor
Osteoporosis screening with DXA screening	50 to 64 65+	Ask your doctor Test, as needed
Cervical cancer and Pap test	21 to 65 30 to 65 66+	Every three years Every five years when Pap test is combined with HPV test Ask your doctor
Mammography	18 to 49 50 to 74 75+	Ask your doctor Every two years Ask your doctor
Chlamydia and gonorrhea screening	Under 24 (sexually active) 25+ (if high risk) Pregnant women	Every year Every year Part of test battery for pregnant women
Pregnancy (prenatal visits)	Childbearing	Weeks six to eight: first visit Weeks 14 to 16: one visit Weeks 24 to 28: one visit Week 32: one visit Week 36: one visit Weeks 38 to 41: every week
Pregnancy (postnatal visits)	Childbearing	Once 21 to 56 days after delivery
Intimate partner violence screening	18+	Every year
Aspirin use	55 to 79	Ask your doctor

IMMUNIZATIONS FOR MEN AND WOMEN	AGE	HOW OFTEN
HPV (human papillomavirus)	15 to 26	Three doses
Tdap	After age 12 Pregnant women	One dose One dose during weeks 27 to 36 of pregnancy
Tetanus/Td	18 to 65+	Once every 10 years
Flu	18 to 65+	Every year
MMR (measles, mumps and rubella)	18 to 49	One to two doses, if needed
Varicella (chickenpox)	18 to 65+	Two doses, if needed
Hepatitis A, hepatitis B, meningococcal, Hib	18 to 65+	If high risk
Pneumococcal (pneumonia)	18 to 64 65+	If high risk Vaccinate; ask your doctor for dosing schedule
Zoster (shingles)	60+	One dose

*These guidelines are based on recommendations provided by the [Michigan Quality Improvement Consortium](#) and are updated every two years, unless new research reveals findings that affect the current recommendations.