

Health Screenings for Men and Women Ages 40 and Older*

SCREENING	WHO NEEDS IT?	WHEN?
HEART HEALTH		
Blood Pressure	Adults ages 40 and older	Every 2 years
Cholesterol	Adults ages 40 and older	Every 5 years
Electrocardiogram	Adults ages 40 and older	Every 5 years
GENERAL HEALTH		
Urinalysis	Adults ages 50 and older	Yearly
Plasma Glucose Test	Adults ages 40 and older	Every 3 years
Thyroid Hormone Test	Women ages 40 and older; Men ages 50 and older	Every 5 years
Rectal Exam	Women ages 40 and older	Yearly
Bone Mineral Density Test	Women ages 40 and older	Every 10 years
Pelvic Exam and Pap Test	Women ages 40 and older	Yearly
Professional Breast Exam	Women ages 40 and older	Yearly
CANCER SCREENINGS		
Fecal Occult Blood Test	Adults ages 50 and older	Yearly
Colonoscopy	Adults ages 50 and older	Every 10 years
Mammogram	Women ages 40 and older	Yearly
Prostate-Specific Antigen (PSA) Blood Test	Men ages 50 and older	Yearly
Digital Rectal Exam	Men ages 40 and older	Yearly

*Screening recommendations are for healthy adults. Talk with your doctor to find out which screenings you need and how often you need them. For a physician referral, call **866-521-DOCS**.