

Preventive screening guidelines

Use this list as your guide to good health. Track and record the dates when you have your screenings.
Always work with your doctor to decide what's best for you.

Your doctor's name: _____

Phone number: _____

Men and Women

Date of your screening	Screening or exam	Ages 50 – 64	Ages 65+	Additional information
Date:	Physical exam and health guidance Includes: • Weight • Height • Body mass index (BMI)	Annually	Annually	Talk to your doctor about ways to increase physical activity and reduce your risk of falls
Date:	Cholesterol/ lipid screening	Every 5 years; more often if you are at risk or have above-normal levels	Every 5 years; more often if you are at risk or have above-normal levels	9- to 12-hour fast is required; if you have cardiovascular problems, you may need annual tests
Date:	Diabetes screening and tests	Every 3 years; more often if you are at risk or have above-normal levels	Every 3 years; more often if you are at risk or have above-normal levels	If you have diabetes, the following tests are recommended at least annually: A1C, LDL cholesterol, kidney test and eye exam
Date:	Blood pressure	Every 1 – 2 years if normal; more often if you have high blood pressure or diabetes	Every 1 – 2 years if normal; more often if you have high blood pressure or diabetes	Normal is considered less than 120/80
Date:	Colorectal cancer screening: • Fecal Immunochemical Test (FIT) – Annually • Flexible Sigmoidoscopy – Every 5 Years • Colonoscopy – Every 10 Years • CT Colonography – Every 5 years • FIT-DNA – Every 3 years	Depends on screening test	Depends on screening test	Talk to your doctor about your risks and which colorectal cancer screening test and schedule are best for you

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Men and Women

Date of your screening	Screening or exam	Ages 50 – 64	Ages 65+	Additional information
Date:	Bone density test for osteoporosis screening	Periodically as directed by your doctor (depending on your risk)	Begin at age 65 and older and periodically as directed by your doctor	Used to detect osteoporosis; may need screening more often after bone fracture and if at high risk for osteoporosis
Date:	Comprehensive eye exam	Every 2 – 4 years	Every 1 – 2 years	Test your vision and screen for glaucoma and macular degeneration — two common, often age-related conditions; if diabetic, test for diabetic retinopathy annually
Date:	Influenza virus (flu) vaccine	Annually	Annually	Annually in the fall or winter
Date:	Pneumococcal vaccine (pneumonia)	Usually once in a lifetime	Usually once in a lifetime	A booster shot may be recommended after 5 years
Date:	Smoking and tobacco use cessation counseling	Talk with your doctor about smoking and tobacco cessation medications and strategies	Talk with your doctor about smoking and tobacco cessation medications and strategies	QuitNet Comprehensive Program®. For information, call the toll-free Customer Care number on the back of your Humana member ID card.

Women

Date:	Pap text and pelvic exam	At least every 3 years; more often as directed by your doctor	At least every 3 years; more often as directed by your doctor	Talk to your doctor about your risks and which Pap testing schedule is best for you, especially if you've had a hysterectomy or are 65 years or older; also discuss any problems you may have with bladder leakage
Date:	Mammogram	Annually	Annually	Talk to your doctor about clinical breast exams

Men

Date:	Prostate exam: <ul style="list-style-type: none"> • Digital rectal exam • Prostate specific antigen test (PSA) 	Periodically, as directed by your doctor	Periodically, as directed by your doctor	Talk to your doctor about your risks and which test and schedule is best for you
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Sources:

U.S. Preventative Task Force: www.uspreventiveservicestaskforce.org/

American Heart Association: www.heart.org/HEARTORG/Conditions/Heart-Health-Screenings_UCM_428687_Article.jsp#.Vr4KbE1IiM8

American Academy of Ophthalmology: www.aao.org/eye-health/tips-prevention/screening

American Cancer Society: www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer

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