

Preventive Screening Guidelines



Preventive screenings help prevent and detect illnesses and diseases in their earlier stages when they're easier to treat.¹

Plus, they can help you and your healthcare provider learn more about your well-being and identify lifestyle changes that can help you be happier and healthier.

Note: The screening recommendations on the next pages are for people at normal risk. Always work with your healthcare provider to decide what's best for you, based on your family history and other risk factors.



Use the list of recommended screenings and vaccinations below as your guide to preventive health.

Screening	Frequency	Who should be screened?	Additional information
General prevention and health guidance			
Annual Wellness Visit²	Once per year*	Adults age 65 and older	<p>During this appointment, talk to your healthcare provider about:</p> <ul style="list-style-type: none"> • A personalized prevention plan to help prevent disease and disability, based on your current health and risk factors • Diet and exercise • How to reduce your risk of falls • Your mental and emotional health
Heart health			
Blood pressure³	Once per year; more often if directed by your healthcare provider	Adults age 18 and older	Talk to your healthcare provider to learn your target blood pressure range.
Cholesterol⁴	Every 4–6 years; more often if directed by your healthcare provider	Most healthy adults	<p>You may be required to fast for 9–12 hours.</p> <p>If you have heart disease or risk factors for heart disease, you may need to be screened more often.</p>
Diabetes (blood glucose)⁵	Every 3 years	Adults age 40–70 who are overweight or obese	If you have diabetes, talk to your healthcare provider about additional testing you may need.
Abdominal aortic aneurysm (AAA)⁶	Once in a lifetime	Men age 65–75 who have ever smoked	Screening for an abdominal aortic aneurysm uses an ultrasound to look for swelling in a part of the big blood vessel (aorta) running through your abdomen.

Screening	Frequency	Who should be screened?	Additional information
Cancer screenings			
Colorectal cancer⁷	Colonoscopy every 10 years or CT colonography every 5 years or Flexible sigmoidoscopy every 5 years or gFOBT (guaiac Fecal Occult Blood Test) every year or FIT (Fecal Immunochemical Test) every year or Stool DNA (sDNA) with FIT Test every 3 years	Adults beginning at age 45 After age 75, talk to your healthcare provider to find out if you need to be screened anymore	These recommendations are for normal-risk individuals only, so it's important that your provider knows about your family history. Talk to your healthcare provider about which screening approach to take. The best screening is the one you're willing to do.
Breast cancer⁸	Mammogram once every 2 years	Women age 50–74 After age 75, talk to your healthcare provider to find out if you need to be screened anymore	Women with a personal or family history of breast, ovarian, tubal or peritoneal cancer or an ancestry associated with the BRCA 1 or 2 gene mutation may benefit from genetic counseling and/or testing. ⁹

Screening	Frequency	Who should be screened?	Additional information
Cancer screenings (continued)			
Cervical cancer¹⁰	Every 3 years with cervical cytology (Pap test) alone or every 5 years with high-risk human papillomavirus (hrHPV) testing alone or every 5 years with hrHPV testing in combination with cervical cytology (Pap test)	Women age 21–65	Talk to your healthcare provider to find out whether or not you should be screened, especially if you have had a hysterectomy or are age 65 or older.
Prostate cancer¹¹	Discuss with your healthcare provider whether or not you should be screened; if so, how often	Men age 55–69 should talk to their healthcare provider about the benefits and risks of being screened	The decision to undergo periodic prostate-specific antigen (PSA) testing for prostate cancer should be a shared decision between you and your healthcare provider. Consider your family history and other risk factors.
Lung cancer¹²	Once per year	Only people who are between age 50–80 and: <ul style="list-style-type: none"> • Have a history of heavy smoking • Who smoke now or have quit smoking within the past 15 years 	Talk to your healthcare provider about potential screening methods, including low-dose computed tomography (CT scan).

Screening	Frequency	Who should be screened?	Additional information
Osteoporosis screening			
Bone density test¹³	Periodically, as directed by your healthcare provider	Women age 65 and older or Women at an increased risk of osteoporosis	You may need to be screened more often if you are at a high risk of osteoporosis or after breaking a bone.
Mental and emotional health			
Depression¹⁴	As directed by your healthcare provider	Adults age 18 and older, regardless of risk factors	A common screening test for depression is the Patient Health Questionnaire (PHQ). Talking about mental health concerns may be difficult, but if you have been feeling sad or hopeless or have lost interest in things you used to enjoy, talk to your healthcare provider.
Immunizations			
Influenza (flu)¹⁵	Once per flu season	Adults age 18 and older	The flu vaccine is often given in the fall to coincide with the beginning of flu season.
Pneumonia¹⁵	Once after age 65, even if already vaccinated	Adults age 65 and older	Two vaccines help prevent pneumonia: PCV13 and PPSV23. It is recommended that you get PCV13 first, followed by a dose of PPSV23 at another visit.
Shingles¹⁵	Once in two doses separated by 2–6 months	Healthy adults age 50 and older	It is recommended to get the shingles vaccine even if you have already gotten shingles.
Tdap¹⁵	One dose with a tetanus, diphtheria and pertussis (vaccine) (Tdap) booster every 10 years	Adults age 18 and older	This vaccine helps protect against tetanus, diphtheria and pertussis.

*CarePlus Medicare Advantage plans cover a preventive physical exam annually. Original Medicare does not, and coverage by other plans may vary.
Discuss with your healthcare provider which immunizations are right for you. This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns.

References

¹ Office of Disease Prevention and Health Promotion
www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Clinical-Preventive-Services

² Centers for Medicare & Medicaid Services
www.medicare.gov/coverage/yearly-wellness-visits

³ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/hypertension-in-adults-screening

⁴ Centers for Disease Control and Prevention
www.cdc.gov/cholesterol/cholesterol_screening.htm

⁵ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-for-prediabetes-and-type-2-diabetes

⁶ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/abdominal-aortic-aneurysm-screening

⁷ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/document/RecommendationStatementFinal/colorectal-cancer-screening#tab

⁸ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening

⁹ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/brca-related-cancer-risk-assessment-genetic-counseling-and-genetic-testing

¹⁰ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening

¹¹ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/prostate-cancer-screening

¹² U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/lung-cancer-screening

¹³ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/osteoporosis-screening

¹⁴ U.S. Preventive Services Task Force
www.uspreventiveservicestaskforce.org/uspstf/recommendation/depression-in-adults-screening

¹⁵ Centers for Disease Control and Prevention
www.cdc.gov/vaccines/schedules/hcp/imz/adult.html

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