

No matter your age, it is important to find a Primary Care Physician you like and schedule an annual check-up. Yearly visits are the best way to detect any changes in your health before they develop into bigger issues. The recommended screenings, by age group, are below and covered by your benefits with Community Health Choice.

Laboratory Testing

- Hematocrit or hemoglobin screening for abnormalities if not done at birth.
- Screening for nutritional deficiencies (for children at risk).
- Anti-Hepatitis C virus (for children at risk).
- Skin test in case of tuberculosis exposure.
- Blood lead level in case of exposure.

Other testing

- Assess growth and Development: height, weight, skull and chest circumference, dentition.
- Assessment of milestones: gross and fine motor skills, visual and auditory skills, social and language skills.
- Dental health check.
- Blood pressure at the age of 1 year.



Laboratory Testing

- Screen for anemia.
- Screen for lead poisoning, if there is a history of exposure.
- Cholesterol levels in children at risk (lipid profile).
- Anti-Hepatitis C virus, if not done during infancy.
- Tuberculosis screening depending on risk factor.

Other testing

- Assessment of Body Mass Index (BMI).
- Blood pressure measurement.
- Screening tests for hearing and visual acuity annually.
- Periodic oral health assessment.
- Physical exam and reporting conformal with the CDC growth chart.
- Screen for autism: using autism spectrum disorder screening questionnaire.
- Assess fine and gross motor skills, speech and development skills.
- Screening for attention deficit/hyperactivity disorder (ADHD) or other learning differences.



SOURCE

<https://www.communityhealthchoice.org/spotlight/annual-preventative-health-screenings/>
<https://digestivehealth.ws/mens-health-simple-steps-to-improve-your-health/>
<https://kidshealth.org/en/parents/checkup18-yrs.html>
American Academy of Pediatrics (AAP)

Laboratory Testing

Recommended to do yearly:

- Blood sugar levels: fasting and post prandial.
- Screening for HIV, HBsAg, syphilis, gonorrhea and Chlamydia (if sexually active) and other sexually transmitted diseases (STDs).
- Screen for anemia, high cholesterol and tuberculosis in case of exposure.

Other testing

Recommended to do yearly:

- Blood pressure, body weight and BMI.
- Visual and auditory assessment.
- Oral health assessment.
- Gynecological examination: Pap smear and pelvic examination for females.

MEN

- Cholesterol, HDL, LDL, triglycerides -> every 5 years.
- General physical exam -> every 2-3 years.
- General eye exam -> every 1-2 years.
- Hearing test -> every 10 years.
- Blood pressure -> every 2 years.
- Skin exam -> yearly.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Testicular self-exam -> monthly.

WOMEN

- Cholesterol, HDL, LDL, triglycerides -> every 5 years.
- General physical exam -> every 2-3 years.
- General eye exam -> every 1-2 years.
- Hearing test -> every 10 years.
- Blood pressure -> every 2 years.
- Skin exam -> yearly.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Immunizations: Rubella once if necessary.
- Breast self-exam: look for lumps, color changes, skin irregularities and changes in the nipples -> monthly.
- Pap smear -> annually.
- Pelvic exam -> annually.

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MEN

WOMEN

- Cholesterol, HDL, LDL, triglycerides -> every 5 years.
- General physical exam -> every 2-3 years.
- General eye exam -> every 5-10 years.
- Blood pressure -> every 2 years.
- Skin exam -> yearly.
- Blood glucose -> every 5 years.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Testicular self-exam -> monthly.
- Thyroid stimulating hormone test -> every 5 years starting age 35.

- Cholesterol, HDL, LDL, triglycerides -> every 5 years.
- General physical exam -> every 2-3 years.
- General eye exam -> every 5-10 years.
- Blood pressure -> every 2 years.
- Skin exam -> yearly.
- Blood glucose -> every 5 years.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Immunizations: Rubella -> once if necessary.
- Breast self-exam -> monthly.
- Pap smears -> every 1-3 years.
- Pelvic exam -> annually.
- Thyroid stimulating hormone test -> every 5 years starting age 35.

30s

- Cholesterol, HDL, LDL, triglycerides -> every 1-3 years.
- General physical exam -> every 2-3 years.
- General eye exam -> every 3-5 years.
- Blood pressure -> every 2 years.
- Skin exam -> yearly.
- Blood glucose -> every 5 years.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Testicular self-exam -> monthly.
- Prostate specific exam -> every 3 years.

- Cholesterol, HDL, LDL, triglycerides -> every 1-3 years.
- General physical exam -> every 2-3 years.
- General eye exam -> every 3-5 years.
- Blood pressure -> every 2 years.
- Skin exam -> yearly.
- Blood glucose -> every 5 years.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Immunizations: Rubella -> once if necessary.
- Breast self-exam -> monthly.
- Pap smears -> every 1-3 years.
- Pelvic exam -> annually.
- Mammography: baseline test at 40 -> yearly.
- Bone density screening -> every 3 years.
- Ovarian screening (transvaginal ultrasound and Ca 125 blood test) -> every 3 years.

40s

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MEN

WOMEN

- Cholesterol, HDL, LDL, triglycerides -> annually.
- EKG -> annually.
- General physical exam -> annually.
- Rectal exam -> annually.
- Colonoscopy -> baseline test at 50 then every 5-10 years.
 - FIT: Fecal immunochemical test (blood in stool) -> annually.
- General eye exam -> every 3 years.
- Blood pressure -> every 2 years.
- Blood glucose -> every 5 years.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Testicular self-exam -> monthly.
- Prostate specific exam -> annually.
- Digital rectal exam -> annually.

50s

- Cholesterol, HDL, LDL, triglycerides -> annually.
- EKG -> annually.
- General physical exam -> annually.
- Rectal exam -> annually.
- Colonoscopy -> baseline test at 50 then every 5-10 years.
- FIT: Fecal immunochemical test (blood in stool) -> annually.
- General eye exam -> every 3 years.
- Blood pressure -> every 2 years.
- Blood glucose -> every 5 years.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Immunizations: Rubella -> once if necessary.
- Breast self-exam -> monthly.
- Pap smears -> every 1-3 years.
- Pelvic exam -> annually.
- Mammography -> yearly.
- Bone density screening -> every 3 years.
- Ovarian screening (transvaginal ultrasound and Ca 125 blood test) -> every 3 years.
- Coronary screening -> yearly.

- Cholesterol, HDL, LDL, triglycerides -> annually.
- EKG -> annually.
- General physical exam -> annually.
- Rectal exam -> annually.
- Colonoscopy -> every 5-10 years.
- FIT: Fecal immunochemical test (blood in stool) -> annually.
- General eye exam -> every 1-2 years.
- Blood pressure -> every 2 years.
- Blood glucose -> every 5 years.
- Colorectal screening -> every 3 years.
- Bone density screening -> every 3 years.
- Immunizations: Herpes booster -> once.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Immunizations: Influenza age 65 and older -> annually.
- Immunizations: Pneumococcal vaccine once after 65.
- Testicular self-exam -> monthly.
- Prostate specific exam -> annually.
- Digital rectal exam -> annually.
- Coronary screening -> yearly.

60s

- Cholesterol, HDL, LDL, triglycerides -> annually.
- EKG -> annually.
- General physical exam -> annually.
- Rectal exam -> annually.
- Colonoscopy -> every 5-10 years.
- FIT: Fecal immunochemical test (blood in stool) -> annually.
- General eye exam -> every 1-2 years.
- Blood pressure -> every 2 years.
- Blood glucose -> every 5 years.
- Colorectal screening -> every 3 years.
- Bone density screening -> every 3 years.
- Immunizations: Herpes booster -> once.
- Immunizations: diphtheria-tetanus -> every 10 years.
- Immunizations: Rubella once if necessary.
- Immunizations: Influenza age 65 and older -> annually.
- Immunizations: Pneumococcal vaccine once after 65.
- Breast self-exam -> monthly.
- Pap smears -> every 1-3 years.
- Pelvic exam -> annually.
- Mammography -> yearly.
- Bone density screening -> baseline at 60
- Ovarian Screening (transvaginal ultrasound and Ca125 blood test) -> every 3 years
- Coronary screening -> yearly

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