

HEALTH SCREENINGS FOR MEN

Screening Tests

Ages 20-39

Ages 40-49

Ages 50+

<input type="checkbox"/> General Health: Full Routine Physical Exam	Every 5 years or as directed by your healthcare provider.		
<input type="checkbox"/> Cholesterol, Diabetes or Kidney Test: Blood Tests & Urinalysis	Every 5 years or as directed by your healthcare provider.		Every year or as directed by your healthcare provider.
<input type="checkbox"/> Heart Health: Blood Pressure Reading	Every 2 years – more frequently if more than 120/80 mm Hg.		Every 1-2 years – more frequently if more than 120/80 mm Hg.
<input type="checkbox"/> Colorectal Health: Rectal Exam, Hemoccult Test or Colonoscopy	N/A	Every 10 years after age 45.	Every 10 years after age 45.
<input type="checkbox"/> Prostate Health: Prostate Specific Antigen (PSA) Test	N/A	Men at high risk should begin at age 40. Consult your healthcare provider for details.	Consult with your healthcare provider for details.
<input type="checkbox"/> Tuberculosis (TB) Skin Test	As required by occupation or as directed by your healthcare provider.		

HEALTH SCREENINGS FOR WOMEN

Screening Tests

Ages 20-39

Ages 40-49

Ages 50+

<input type="checkbox"/> General Health: Full Routine Physical Exam	Annually or as directed by your healthcare provider.		
<input type="checkbox"/> Cholesterol, Diabetes or Kidney Test: Blood Tests and Urinalysis	Start at age 20, discuss with your healthcare provider.	Regularly at age 45, or as directed by your healthcare provider.	As directed by your healthcare provider.
<input type="checkbox"/> Heart Health: Blood Pressure Reading	Every 1-2 years, more frequently if more than 140/99 mm Hg.		
<input type="checkbox"/> Colorectal Health: Colonoscopy	If you have risk factors, discuss with your healthcare provider.	Every 10 years after age 45.	Every 10 years after age 45.
<input type="checkbox"/> Reproductive Health: Pap Test & Pelvic Exam	Annually starting at age 21.	Annually or as directed by your healthcare provider.	Annually or as directed by your healthcare provider.
<input type="checkbox"/> Bone Health/ Osteoporosis: Bone Densitometry Screening	If you have risk factors, discuss with your healthcare provider.		Under 65: For post-menopausal women with risk factors. Baseline at age 65 , then as directed by your healthcare provider.

RECOMMENDED VACCINATIONS FOR ADULTS

Vaccine

Do you need it?

<input type="checkbox"/> COVID-19	Yes! All adults are recommended to get a primary series of the COVID-19 vaccine and booster doses when eligible.
<input type="checkbox"/> Hepatitis A (HepA)	Maybe. You need this vaccine if you have a specific risk factor for hepatitis A* or simply want to be protected from this disease.
<input type="checkbox"/> Hepatitis B (HepB)	Yes! All adults younger than 60 should complete a series of hepatitis B vaccine. You also need this vaccine if you are 60 or older and have a specific risk factor or simply want to be vaccinated.
<input type="checkbox"/> Hib (Haemophilus Influenzae Type b)	Maybe. Some adults with certain high-risk conditions* (i.e., lack of a functioning spleen) need vaccination with Hib.
<input type="checkbox"/> Human Papillomavirus (HPV)	Yes! You should get this vaccine if you are 26 years old or younger. Adults, ages 27-45, also may be vaccinated against HPV after a discussion with their healthcare provider.
<input type="checkbox"/> Influenza (Flu)	Yes! You need to be vaccinated against influenza every fall (or even as late as winter or spring) for your protection and for the protection of others around you.
<input type="checkbox"/> Measles, Mumps, Rubella (MMR)	Maybe. You need at least 1 dose of MMR vaccine if you were born in 1957 or later. You also may need a second dose.* People with weakened immune systems should not get MMR vaccine.*

*Consult your primary healthcare provider to determine your level of risk for infection and your need for this vaccine. (Source: www.immunize.org)

Screening Tests	Ages 20-39	Ages 40-49	Ages 50+
<input type="checkbox"/> Electrocardiogram (EKG)	As directed by your healthcare provider.		Baseline at age 50, then as directed by your healthcare provider.
<input type="checkbox"/> Tetanus Booster	Every 10 years.		
<input type="checkbox"/> Bone Health: Bone Density Scan	N/A		Age 70: Discuss with your healthcare provider.
<input type="checkbox"/> Testosterone Health	As directed by your healthcare provider.		
<input type="checkbox"/> Chest X-ray	As directed by your healthcare provider.		
<input type="checkbox"/> Self-Exams: Check testicles, skin, mouth & breast for abnormalities.	Monthly		
<input type="checkbox"/> Sexual Health	As directed by your healthcare provider.		
<input type="checkbox"/> Mental Health	As directed by your healthcare provider.		

TO ESTABLISH A PRIMARY CARE PROVIDER, CALL (985) 230-2778
OR VISIT WWW.NORTHOAKS.ORG/PRIMARYCARE.

Screening Tests	Ages 20-39	Ages 40-49	Ages 50+
<input type="checkbox"/> Breast Health: Mammogram	If you have risk factors, discuss with your healthcare provider.	Every year.	
<input type="checkbox"/> Breast Health: Clinical Breast Exam	Every 3 years.	Every year.	
<input type="checkbox"/> Diabetes: Glucose Test	If you are overweight and have other risk factors.	Every 3 years.	
<input type="checkbox"/> Thyroid Screening	Every 5 years after age 35.	Every 5 years.	
<input type="checkbox"/> Chest X-ray	As directed by your healthcare provider.		
<input type="checkbox"/> Self-Exams: Check skin, mouth and breast for abnormalities.	Monthly		
<input type="checkbox"/> Sexual Health	As directed by your healthcare provider.		
<input type="checkbox"/> Mental Health	As directed by your healthcare provider.		

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Vaccine	Do you need it?
<input type="checkbox"/> Meningococcal ACWY (MenACWY)	Maybe. You may need MenACWY vaccine if you have one of several health conditions* (i.e., lack of a functioning spleen). You also may need boosters if your risk is ongoing. You need MenACWY if you are 21 or younger and a first-year college student living in a residence hall and have never been vaccinated or were vaccinated before age 16.
<input type="checkbox"/> Meningococcal B (MenB)	Maybe. You may need MenB if you have one of several health conditions* (i.e., lack of a functioning spleen). You also may need boosters if your risk is ongoing. Consider getting the MenB vaccine if you are 23 or younger (even if you don't have a high-risk medical condition) after a discussion with your healthcare provider.
<input type="checkbox"/> Pneumococcal (PPSV23; PCV15, PCV20)	Yes! Adults younger than 65 with certain underlying medical conditions (i.e., chronic heart disease) or other risk factors need pneumococcal vaccine. All adults, age 65 and older, also need to be vaccinated if they haven't previously received a Pneumococcal Conjugate Vaccine (PCV).
<input type="checkbox"/> Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td)	Yes! If you haven't received a dose of Tdap during your lifetime, you need to get a Tdap shot now. After that, you need a Tdap or Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-toxoid containing shots sometime in your life or if you have a deep or dirty wound.
<input type="checkbox"/> Varicella (Chickenpox)	Maybe. If you have never had chickenpox, never were vaccinated or were vaccinated, but only received 1 dose, talk to your healthcare provider to find out if you need this vaccine.
<input type="checkbox"/> Zoster (shingles)	Yes! If you are age 19 or older and have a weakened immune system or are age 50 or older, you should get a series of the Shingrix brand of shingles vaccine, even if you were already vaccinated with Zostavax.

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