



# Make *Yours* Healthy Choices!



Individualized Care Management, Inc.

May 2005

## Preventive Health Screenings

*It is recommended that you have certain preventative tests on a periodic basis. The following chart highlights some of the most common tests for the general population, based on the U.S. Government's Preventive Services Task Force. Schedules are based on age or sex, and may take into consideration relative health risks such as family history or disease.*

*PLEASE NOTE: These recommendations do not serve as authorization for medical services. Your current benefit plan reimbursement policies apply.*

Common Health Screening Tests:	Recommended Schedule
Blood Pressure	Every 1-2 years from age 20 unless part of a doctor visit for another purpose.
Cholesterol/HDL	Once every 5 years from age 35 for men and from age 45 for women.
Colon and Rectal Cancer Screening	Fecal occult blood test: Every year starting at age 50 Flexible sigmoidoscopy: Every 5 years starting at age 50 Double contrast barium enema: Every 5 years starting at age 50 Colonoscopy: Every 10 years starting at age 50
Dental Exam	Dental cleaning and exam recommended every 6-12 months throughout your life.
Eye Exam	At least once between ages 20-39. Every 2-4 years between ages 40-64. Every 1-2 years beginning at age 65.
Pap Test and Pelvic Exam	Every 1-3 years once sexual activity begins or at age 21, whichever comes first.
Breast Self-Exam	Every month, 3-5 days after period ends, from age 16.
Mammography	Every 1-2 years after age 40. After age 50, your doctor may recommend annual mammograms.
Bone Density Measurement	Women age 65 and older should routinely be screened to detect osteoporosis. If you are at increased risk, it is recommended to begin screening five years earlier at age 60.
Prostate Cancer Screening Test	Digital rectal exam recommended yearly after age 50. (There is ongoing evaluation of the use of PSA (prostate specific antigen) testing as a <i>regular</i> screening tool, especially among middle-aged males. It's important to talk to your doctor about the use of PSA testing if you have no family history or symptoms. If you have prostate cancer, a family history, or symptoms, your doctor may use PSA as part of the monitoring process.)
Testicular Examination	Your doctor should check your testicles whenever you have a physical exam. Men of all ages, starting in the mid-teenage years, should examine their testicles monthly for masses or any change in size, shape or consistency of the testes.
Hearing Test	The American Speech-Language-Hearing Assn. recommends screening at least every decade through age 50, and every 3 years after age 50.
Skin Exam	The American Cancer Society recommends a skin exam, beginning at age 20, at a part of a routine cancer-related health checkup.
Other Screening Tests	These tests may or may not be a part of routine medical exams. Your doctor may recommend them based on your signs and symptoms, risk factors, age and general health. <ul style="list-style-type: none"> <li>• Electrocardiogram (ECG)</li> <li>• Chest X-ray</li> <li>• Blood chemistry test</li> <li>• Complete blood count (CBC) with differential</li> <li>• Fasting blood sugar test</li> <li>• Thyroid-stimulating hormone (TSH) test</li> <li>• Transferrin saturation test</li> <li>• Urinalysis</li> </ul>



Source: 2005 Mayo Foundation for Medical Education and Research

**Note: This information is meant to complement the advice of your health care providers, not to replace it. Talk to your doctor if you have any**