

These charts are guidelines only. Your doctor or nurse will personalize the timing of each test and immunization to meet your individual health care needs. [If you have personal and/or family history or other risk factors, contact your doctor for what screening age is right for you.](#)

Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65 and Older
Cancer Prevention:				
Colorectal Health (Use 1 of 3 methods):				
Fecal occult blood test			Yearly	Yearly. Older than age 75, discuss with your doctor.
Flexible sigmoidoscopy (with fecal occult blood test)			Every 5 years	Every 5 years. Older than age 75, discuss with your doctor.
Colonoscopy			Every 10 years	Every 10 years. Older than age 75, discuss with your doctor.
Prostate Health:				
Prostate-specific antigen (PSA) test		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Heart Disease Prevention:				
Blood glucose or A1c test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, then every 5 years.	Every 5 years	Every 5 years	Every 5 years
Immunizations:				
Seasonal influenza (flu) vaccine	Yearly	Yearly	Yearly	Yearly
Human papillomavirus (HPV) vaccine	Up to age 26, if not already completed vaccine series.			