





## FOR ADULTS: Recommended preventive health screenings and vaccines

Alcohol misuse screening	Adults aged 18 and older, including pregnant women
Anxiety screening	Routinely — adults 18 years of age and older, including pregnant and postpartum women
Bacteriuria screening	All pregnant women
Blood pressure screening	Every 2-3 years for adults 18+, Annually for adults 40+ and adults 18+ at increased risk (Black or BMI >25)
Breast cancer screening (mammogram)*	Every 2 years for average-risk women 40 to 74 years of age
Breastfeeding counseling, support	Counseling and support when provided by a trained health care professional during pregnancy and/or in the postpartum period. Breast pump and supplies during pregnancy or at any time following delivery for breastfeeding.
Cervical cancer screening	Pap smear every 3 years or Pap smear and HPV testing every 5 years. Talk with your doctor about the method of screening that is right for you.
Cholesterol screening	Every 5 years (age 35+)
Colorectal cancer screening	Adults aged 45 and older. Talk with your doctor about the method of screening and how often is right for you.
Contraceptive education and counseling	Contraceptive methods that are FDA-approved for women
COVID-19	1 or more doses based on CDC guidelines, 19 years of age and older
Depression screening	Regularly for adults aged 18 and older, including pregnant and postpartum women
Diabetes screening	Adults aged 35 to 70 years with BMI >25 (younger than 35 in high-risk)
Sexually Transmitted Infections (STIs), such as Gonorrhea	Regularly for sexually active women aged 24 and younger, and in older women who are at increased risk for infection
Hepatitis B screening	Adults aged 18 to 59 years and adults at high risk.
Hepatitis C screening	Adults born between 1945 and 1965: one time screening. Once for adults aged 18 to 79 years of age without risk factors. Periodically for people with continued risk for hepatitis C infection.
Human papillomavirus (HPV) screening	See cervical cancer screening section above.
Human papillomavirus (HPV) vaccine	Recommended for everyone through age 26, if not adequately vaccinated previously pregnant women
Intimate partner violence screening	Regularly for women of childbearing age

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\*FOR BREAST CANCER SCREENING: American Cancer Society. American Cancer Society recommendations for the early detection of breast cancer. January 14, 2022. Available at: [Cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/](https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/)



## FOR ADULTS: Recommended preventive health screenings and vaccines (continued)

Lung cancer screening	Current or former smokers 50 to 80 years of age with a 20 pack-years or more smoking history and, if a former smoker, has quit within the past 15 years
Obesity counseling	Adults with a body mass index (BMI) of 30 or higher
Osteoporosis screening (bone density test)	Regularly for women aged 65 and older; postmenopausal women younger than age 65 at increased risk
Pneumococcal vaccine	One time for adults age 65 and older
Preeclampsia screening	All pregnant women should be screened throughout pregnancy with blood pressure checks at each prenatal visit
Prostate Cancer Screening	Men 55 to 69 years of age should talk to their provider about whether screening is right for them.
Abuse screening (physical, sexual, and emotional)	Adults 60 years of age and older
Blood typing and antibody testing	Adults aged 50 and older
Shingles vaccine	Adults aged 50 and older
Tetanus-diphtheria-pertussis (Td/Tdap) vaccine	If Tdap was not given at, or after, age 11: 1 dose Tdap, then Td or Tdap every 10 years, 1 dose of Tdap is also recommended during each pregnancy.
Tobacco use screening and counseling	Regularly for adults aged 18 and older, including pregnant women
Tuberculosis infection screening	Asymptomatic adults aged 18+ at increased risk of latent tuberculosis