

# ANNUAL HEALTH SCREENINGS BY AGE

IN-DEPTH GUIDE TO THE HEALTH SCREENINGS YOU MAY NEED, ORGANIZED BY AGE

## 18 TO 39 YEARS OLD

A health screening is recommended on a yearly basis and typically includes:

- **Weight and Height:** Annually
- **Blood Pressure:** Annually
- **Cholesterol Check:** Annually if there are known risk factors, otherwise every five years
- **Skin Screening:** For lesions or moles that look suspicious
- **Historical Illness Screenings:** For known family medical issues such as heart conditions, diabetes, and cancer
- **Diabetes Screening:** Annually if there are known risk factors, otherwise bi-annually if BMI is greater than 25 or other lifestyle factors are present
- **Immunizations**
- **Depression Screening**
- **Blood Work** is done annually and may include:
  - HDL and LDL cholesterol
  - Complete Blood Count
  - Basic or Complete Metabolic Panel
  - Thyroid Panel
  - Liver Enzyme Markers
  - Sexually Transmitted Disease Tests
  - Plasma Glucose



## 40 TO 64 YEARS OLD

Additional health screenings, tests, and vaccines that could be done in this age bracket include:

- **Shingles Vaccine:** Two doses separated by 2 to 6 months given at age 50 and up
- **Flu Shot:** Annually
- **Colorectal Screening:** Age 50 and up unless other risk factors are present
- **Colonoscopy:** May be needed based on medical history
- **Osteoporosis Screening:** Age 50 and up with risk factors
- **Lung Cancer Screening:** Annually if a past smoker
- **Depression Screening:** Mental health assessment

## 65 AND OLDER

All the previous yearly tests will continue with these additions:

- **Colorectal Cancer Screening:** Baseline test if not done previously and continued tests based on baseline results
- **Height and Weight:** Although this is a screening performed every year, as you age height becomes more important as shrinking height could be a sign of osteoporosis
- **Fall Prevention Screening:** Baseline and then as needed
- **Depression Screening:** Mental health assessment
- **High Dose Flu Vaccine:** Fluzone High-Dose is only available to adults 65+ according to the CDC.