



**We're all about your health and  
your health care coverage**

## Preventive Care Checklist & Guide

**Name:**

**Date of Birth:**

Screening/Treatment	How Often	For Whom	Date service received	Results
Cervical Cancer	Every 3-5 years	Age 21+		
Colon Cancer (Colonoscopy)	Every 10 years	All 50-75 and early evaluation recommended if family history		
Dental exam	Every 6 months	All		
Lung Cancer	Once	All 55-74 with tobacco history		
Prostate Cancer	Once	Men 40+		
Breast Cancer	Every year	All		
Flu Vaccine	Yearly	All		
Abdominal aortic aneurysm	Once	Men 65-75 with tobacco history		
Diabetes	Every 3 years	Adults 45+, those below 45 with cardiovascular risks, high blood pressure, obesity and family history of diabetes		

AgeWell New York

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Screening/Treatment	How Often	For Whom	Date service received	Results
Cholesterol	Every year	All		
Tetanus, diptheria, pertussis (Td/Tdap) shot	Once	All 19-64 and all 65+ in contact with infants		
Pneumonia Vaccine	Speak to your doctor	All 50+		
BMI (Body Mass Index)	Every Year	All		
Vision/Glaucoma screening	Age 40 to 64: every 2 to 4 years. Age 65 or older: every 1 to 2 years.	All 40+		
Hearing screening	Adults should be screened at least every decade through age 50 and at 3-year intervals thereafter	All		
Blood sugar testing	Routinely	All		
Cardiovascular disease	Every 5 years	All		
Mammogram	Women ages 50 to 74 years should get a mammogram every 2 years	Women 50-74		
Shingles Vaccine	Once	All 60+		
Osteoporosis	Once	All 60+		

**Sources: Centers for Disease and Control, Womenshealth.gov, American Speech-Language-Hearing Association, National Institute for Health, Mayo Clinic, Diabetes Institute, Web MD.**

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