

long live YOU

For questions about any screening or test you are due for, please contact your primary care physician at **303-338-4545** or send a secure message on kp.org/healthmanager.



PREVENTIVE SCREENING GUIDELINES FOR MEN

AGE

18-39

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 to 5 years
- Lipid (cholesterol) and diabetes screening at least once
- Recommended vaccinations:
 - » Tetanus/pertussis booster at least once after 18 and then every 10 years
 - » Meningococcal conjugate vaccine once between 18 and 21
 - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

40-49

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 to 5 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Colonoscopy at age 40 if you have a family history of colon cancer or 10 years before colon cancer was diagnosed in your first-degree relative (parents or siblings)
- Recommended vaccinations:
 - » Tetanus/pertussis booster once every 10 years
 - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

50-64

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Colorectal cancer screening: stool test every year OR colonoscopy every 10 years
- Lung cancer screening after age 55 if at high risk
- Recommended vaccinations:
 - » Tetanus/pertussis booster once every 10 years
 - » Zoster vaccine (shingles) once between age 60 and 79
 - » Influenza (flu) vaccine recommended annually
 - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

65+

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Colorectal cancer screening: stool test every year OR colonoscopy every 10 years
- Abdominal aortic aneurysm screening ultrasound once if you ever smoked
- Osteoporosis test after age 70 if high risk
- Lung cancer screening if high risk
- Recommended vaccinations:
 - » Tetanus/pertussis booster once every 10 years
 - » Zoster vaccine (shingles): once between age 60 and 79
 - » Influenza (flu) vaccine recommended annually
 - » Pneumonia vaccine once after age 65

Your Personal Action Plan on kp.org is an online tool that gives you customized information about screenings and preventive services you are personally due for based on your age, gender, and health history. To see a Personal Action Plan for yourself or an adult family member whom you've added to your family list go to kp.org/actionplan and log in. If you're not registered to use kp.org, you can sign up at kp.org/registernow.



PREVENTIVE SCREENING GUIDELINES FOR WOMEN

AGE

18-39

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 to 5 years
- Lipid (cholesterol) and diabetes screening at least once
- Pap test every 3 to 5 years starting at age 21 (more often if high risk)
- Chlamydia screening every year if sexually active until age 24 (or later if high risk)
- Recommended vaccinations:
 - » Human papilloma virus vaccine (three doses at 0, 2, & 6 months) by age 26
 - » Tetanus/pertussis booster at least once after 18 and then every 10 years
 - » Meningococcal conjugate vaccine once between 18 and 21
 - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

40-49

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 to 5 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Pap test every 3 to 5 years (more frequent if high risk)
- Talk with your doctor about risks and benefits of getting a mammography starting at 40. Tell your doctor if you have a family history of breast cancer.
- Recommended vaccinations:
 - » Tetanus/pertussis booster once every 10 years
 - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

50-64

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Pap test every 3 to 5 years (more frequent if high risk)
- Mammogram every 1-2 years (annually if high risk)
- Colorectal cancer screening: stool test every year OR colonoscopy every 10 years
- Lung cancer screening after age 55 if at high risk
- Recommended vaccinations:
 - » Tetanus/pertussis booster once every 10 years
 - » Zoster vaccine (shingles) once between age 60 and 79
 - » Influenza (flu) vaccine recommended annually
 - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

65+

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body Mass Index (screening for overweight) every 2 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Pap test not recommended if long history of normal Pap tests and not high risk
- Mammogram every 1-2 years (annually if high risk to age 75)
- Colorectal cancer screening: stool test every year OR colonoscopy every 10 years
- Osteoporosis test at age 65 unless on treatment
- Lung cancer screening if at high risk
- Recommended vaccinations:
 - » Tetanus/pertussis booster once every 10 years
 - » Zoster vaccine (shingles) once between age 60 and 79
 - » Influenza (flu) vaccine recommended annually
 - » Pneumonia vaccine once after age 65