



Preventive Health Guidelines for Adults

Getting regular checkups can help you stay healthy and prevent disease. The following tests and immunizations are recommended for most adults. Talk with your doctor about which of the tests you need, when you should have them, and how often.

Exams and Tests	Women	Men
Routine Physical and Health Risk Assessment	Every 1 to 3 years	Every 1 to 3 years
Blood Pressure	At least every 2 years	At least every 2 years
Body Mass Index (BMI)	At regular check-ups	At regular check-ups
Cholesterol Test	Every 5 years between ages 45 and 65, or after age 65 for those at risk	Every 5 years between ages 35 and 65, or after age 65 for those at risk
Colonoscopy	Regular testing at age 50 and older	Regular testing at age 50 and older
Pap Smear	At least every 3 years from ages 18 to 65	
Chlamydia Test	If age 25 or younger and sexually active, or at-risk women ages 25 to 50	
Mammography	Every 1 to 2 years beginning at age 40	
Osteoporosis Test	Beginning at age 65	

Adult immunizations	How Often?
Tetanus-Diphtheria (Td)	Every 10 years; substitute a one-time Tdap (Tetanus, Diphtheria, Pertussis) for adults age 19 to 64
Influenza (Flu Shot)	Every year starting at age 50, or younger if you have a chronic health condition
Pneumococcal	One time after age 65
Shingles (Zoster)	One dose for age 60 and older
Measles, Mumps, Rubella (MMR)	One dose for adults with no history of immunity
Varicella (Chicken Pox)	Two doses for adults with no history of immunity



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These guidelines are based on the Clinical Preventive Services for Normal-Risk Adults recommended by the U.S. Preventive Services Task Force and the California Department of Health Care Services.

The Current Immunization Schedule is posted at:
<http://www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm>