

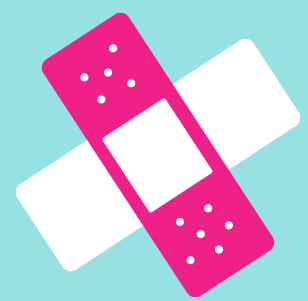
HEALTH SCREENINGS BY AGE



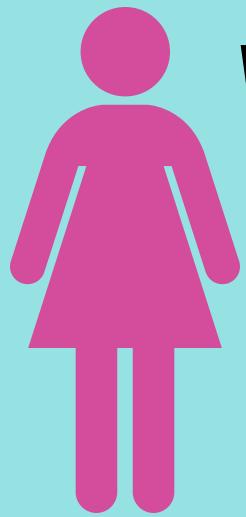
Regular check-ups & screenings are key to your health, & the recommendations for these visits vary depending on your age.



Below are some basic guidelines, but please speak with your medical provider for a comprehensive list.

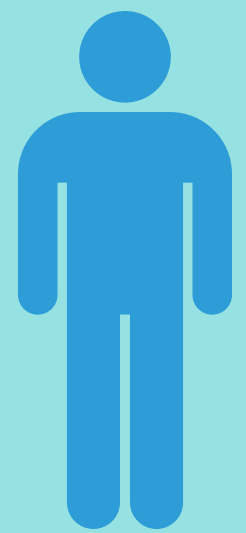


20s



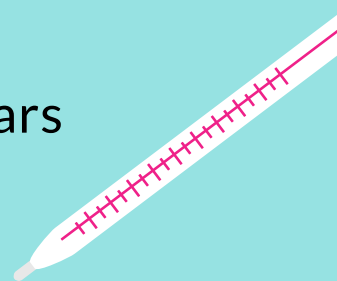
WOMEN

- Eye Exam - every 1-2 years
- Hearing Test - every 10 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Pelvic Exam - yearly
- Pap Smear - every 3 years

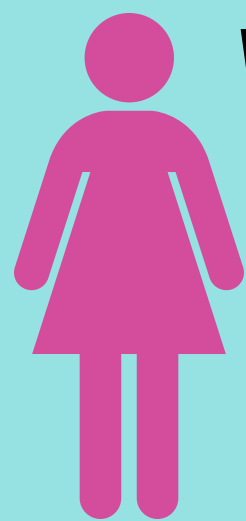


MEN

- Eye Exam - every 1-2 years
- Hearing Test - every 10 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Testicular Exam - yearly



30s



WOMEN

- Eye Exam - every 1-2 years
- Hearing Test - every 10 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Pelvic Exam - yearly
- Pap Smear - every 3 years
- Blood Glucose Test - every 5 years
- Cholesterol Screening - every 5 years
- Thyroid Stimulating Hormone Test - every few years



MEN

- Eye Exam - every 1-2 years
- Hearing Test - every 10 years
- Blood Pressure Screening - every 2 years
- Skin Exam - yearly
- Testicular Exam - yearly
- Blood Glucose Test - every 5 years
- Cholesterol Screening - every 5 years

