

FEBRUARY 2022

# Which Preventive Health Screenings Are Right for You?

PHYSICAL

DEVELOPMENTAL

SOCIAL

ENVIRONMENTAL

FINANCIAL

EMOTIONAL

## Recommended Preventive Health Screenings

### Hypertension Screening

#### Blood Pressure

- **Who:** Everyone (all ages)
- **When:** Every one to two years

### Cholesterol Screening

#### Lipid Panel

- **Who:** Everyone (ages 20 and over or earlier if there's a history of increased cardiac risk)
- **When:** Based on results and risk profile (typically every one to five years)

### Diabetes Screening

#### Plasma Glucose

- **Who:** Everyone (ages 45 and over)
- **When:** Every three years

### Colonscopy

#### Colorectal Screening

- **Who:** Everyone (ages 50 to 75)
- **When:** Every 10 years (or more frequently if there's a history of increased colorectal cancer risk)

### Cervical Screening

#### Pap Smear

- **Who:** Women (ages 21 to 65 or three years after the onset of sexual activity)
- **When:** Annually

### Mammography

#### Breast Imaging

- **Who:** Women (ages 40 and over)
- **When:** Annually

### Prostate Screening

#### Rectal Exam & Prostate-Specific Antigen (PSA) Test

- **Who:** Men (ages 50 and over [ages 40 and over for African-American men])
- **When:** Annually

Visit the [U.S. Preventive Services Task Force website](#) for additional health screening guidelines.

### What if My Numbers Need Improvement?

If your numbers are not within the ideal range, work with your primary care physician to create a plan to help you reach your desired goals. Some important measures you can take include:

- Maintaining a healthy weight
- Exercising
- Reducing your salt intake
- Managing stress
- Reducing alcohol use
- Not smoking

Check out this year's Way to Wellness topics and download our 2022 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!