

Partnering for Your Best Health

We're here to partner with you in your complete health and wellness. At Sutter Health, you have a complete care team with you. We believe in partnering in your health wellness so you can feel your best. Find out when check ups, screenings and immunizations are generally recommended, then talk with your doctor or care team about what's right for you.



Birth–18

Check Up

1, 2, 3, 6, 12 and 18 months
2, 3, 5, 7, 11, 13, 15 and 17 years
Vision Screening and BMI: At or before age 5

Screening Tests

Tuberculosis Test: May be required at age 5 depending on locality; optional at 13 months in areas of average risk for tuberculosis.
Chlamydia: For sexually active women starting at age 15 yearly
HIV: Routine discussion starting at age 13
HPV: Females age 9–26 should receive the HPV series 0, 2 and 6 month intervals (optional for males).

Immunizations

Age	Birth	Months						Years					
		1	2	4	6	12	18	2	4–5	11	16		
Hepatitis B	•	•			•								
Haemophilus Influenza Type B & Rotavirus			•	•	•	•							
Polio			•	•	•								
Diphtheria, Tetanus & Acellular Pertussis			•	•	•		•						
Rota			•	•	•								
Pneumococcal			•	•	•	•							
Tdap/Td													•
Measles, Mumps & Rubella						•							•
Chickenpox, Varicella						•							•
Hepatitis A						•	•						
Influenza (yearly)					•		•	•	•	•	•	•	•
Conjugated Meningococcal													•
Human Papillomavirus													•

Two-month series of vaccines can be given as early as six weeks.



Age 19–39

Check Up

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

Screening Tests

HIV: Routine discussion
Diabetes: All non-Caucasians; All Caucasians with sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.

Immunizations

Tdap/Td: Every 10 years
Influenza: Yearly
Chicken Pox Varicella Vaccine: Individuals born in 1980 or later should receive a second vaccine.
HPV: Females age 9–26 should receive the HPV series 0, 2 and 6 month intervals (optional for males).

Men's Health

Lipid Test: At age 35

Women's Health

Chlamydia: Yearly through age 24 for sexually active women.
Pap Test: Every 3 years starting at age 21 (between ages 21–30, may be performed more often).



Age 40–49

Check Up

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

Screening Tests

HIV: Routine discussion
Diabetes: All non-Caucasians; All Caucasians with sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.

Immunizations

Tdap/Td: Every 10 years
Influenza: Yearly

Men's Health

Lipid Test: Every 10 years

Women's Health

Pap Test: Every 3 years
Lipid Test: Optional beginning at age 45
Mammogram: Optional yearly

Annual mammography in this age group has been confirmed to decrease mortality but is not recommended by all professional organizations due to differing risk-benefit analyses. Options for breast cancer screening should be discussed with your provider yearly.

The United State Preventive Services Task Force (USPSTF) recommends against routine screening mammography in women age 40–49. The decision to start regular screening mammography before age 50 should be an individual one and take patient context into account, including the patient's values regarding specific benefits and harms.



Age 50–70

Check Up

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

Screening Tests

HIV: Routine discussion
Diabetes: All non-Caucasians; All Caucasians with sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.
Colorectal Cancer (Options): Colonoscopy every 10 years; Fecal Occult Blood Testing every 3 years with sigmoidoscopy every 5 years; or Annual Fecal Occult Blood testing.

Immunizations

Tdap/Td: Every 10 years
Influenza: Yearly
Zoster (Shingles): At age 60
Pneumococcal Vaccine: At age 65

Men's Health

Lipid Test: Every 5 years
Prostate Specific Antigen: Optional yearly

Women's Health

Pap Test: Every 3 years until age 65
Lipid Test: Optional
Mammogram: Every 2 years
Bone Density: At age 65



Age 71 & Over

Check Up

Check blood pressure, weight and height to calculate body mass index (BMI) and health risks.

Screening Tests

Diabetes: All non-Caucasians; All Caucasians with sustained blood pressure greater than 135/80, or BMI greater than or equal to 25, or history of gestational diabetes, or family history of diabetes.
Colorectal Cancer (Options): Until age 75; Colonoscopy every 10 years; Fecal Occult Blood Testing every 3 years with sigmoidoscopy every 5 years; or Annual Fecal Occult Blood testing.

Immunizations

Td: Every 10 years
Influenza: Yearly

Men's Health

Prostate Specific Antigen: Optional yearly; not routinely recommended after age 75

Women's Health

Mammogram: Every 2 years; optional after age 74

These guidelines may vary for patients on chronic medications or for patients with personal or family health risks.