Partnering For Your Best Health

Check Ups
Visits at 1, 2, 4, 6, 9, 12, 15 and 18 months of age. Annual visits from ages 2 to 6. Visits every other year for ages 6 to 17.

Screening Tests
Vision: Check once before age 5.
Obesity: Monitor starting at age 6.

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 15 to 24 years.

HIV/AIDS: Check between ages 15 and 65.

Immunizations
Influenza (Flu): Yearly flu vaccine.
Varicella (Chickenpox): A vaccine for adults born in 1980 or later.
HPV (Human Papillomavirus): Unvaccinated females ages 15 to 26 and males ages 15 to 21 should receive a three-dose series.
MMR (Measles, Mumps and Rubella): Adults ages 19 to 59 should have received in their chart at least one dose of the vaccine.
Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adults younger than age 65 should receive a tetanus vaccine (Tdap or Td) every 10 years.

Women’s Health
Chlamydia and Gonorrhea: Check yearly for sexually active females ages 15 to 24 years.

Cervical Cancer: For all women ages 21 to 29—Pap test every three years. For women ages 30 to 65—Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about more steps for a healthy pregnancy.

Discussion Topics: Routine topics may include alcohol and tobacco use, depression, diabetes, domestic violence, heart health, preventing falls, safe sex and skin cancer. Talk to your care team about what is important to you. Together, you and your care team can develop action steps for your best health.

Wellness Check
Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests
HIV/AIDS: Check between ages 15 and 65.

Immunizations
Influenza (Flu): Yearly flu vaccine.
Varicella (Chickenpox): A vaccine for adults born in 1980 or later.
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Women’s Health
Chlamydia and Gonorrhea: Check yearly for sexually active females ages 15 to 24 years.

Cervical Cancer: Women ages 30 to 65 should have a Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.

Pregnancy: All females who are pregnant or able to get pregnant should take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about additional steps for a healthy pregnancy.

Wellness Check
Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests
Cholesterol: Check every five years.
HIV/AIDS: Check between ages 15 and 65.

Immunizations
Influenza (Flu): Yearly flu vaccine.
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Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adults younger than age 65 should receive a tetanus vaccine (Tdap or Td) every 10 years.

Women’s Health
Cervical Cancer: Women ages 30 to 65 should have a Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.

Pregnancy: All females who are pregnant or able to get pregnant should take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about additional steps for a healthy pregnancy.

Breast Cancer: Mammography is optional every other year. Talk to your doctor about your options for breast cancer screening. It’s your decision whether to start screening before the age of 50.

Wellness Check
Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests
Cholesterol: Check every five years.
HIV/AIDS: Check between ages 15 and 65.

Immunizations
Influenza (Flu): Yearly flu vaccine.
MMR (Measles, Mumps and Rubella): Adults ages 19 to 59 should have received in their chart at least one dose of the vaccine.
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Breast Cancer: Mammography is optional every other year. Talk to your doctor about your options for breast cancer screening. It’s your decision whether to start screening before the age of 50.