



Partnering For Your Best Health

Checkups, Screenings, Immunizations 2021

Birth to 17

Checkups

Visits at 1, 2, 4, 6, 9, 12, 15 and 18 months of age. Annual visits from ages 2 to 17, including a visit at age 30 months; screen for healthy weight.

Blood Pressure: Check annually age 3+.

Screening Tests

Vision: At least once between ages 3 to 5 years.

Obesity: Monitor starting at age 6.

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

HIV: Age 15 and older, start younger if at risk.

Immunizations

Two-month series of vaccines can be given as early as 6 weeks.

Age	Birth	Months						Years				
		1	2	4	6	12	15	18	2	4-5	11 16	
Hepatitis B	●	●			●							
Haemophilus Influenzae Type B			●	●	●	●						
Polio			●	●	●						●	
Diphtheria, Tetanus and Acellular Pertussis			●	●	●		●					●
Rotavirus			●	●	●							
Pneumococcal			●	●	●	●						
Tdap or Td												●
Measles, Mumps and Rubella							●					●
Varicella (Chickenpox)							●					●
Hepatitis A							●		●			
Influenza (yearly)				●				●	●	●	●	●
Meningococcal Conjugate												●
Human Papillomavirus (HPV)												●

Human Papillomavirus (HPV): Ages 11 to 14 years should receive a two-dose series or ages 15 to 26 should receive a three-dose series.

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

New **Tobacco Use, Including Vaping Electronic Cigarettes (non-smoker):** Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Individualized/Patient-Provider Shared Decisions

Meningococcal B Vaccine: Ages 16 to 23.

Age 18 to 39

Wellness Check

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

Screening Tests

HIV

New **Hepatitis C:** Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

Blood Pressure: Check every 3 to 5 years (annual if risk factors).

Immunizations

Influenza (Flu): Yearly flu vaccine.

Varicella (Chickenpox): A vaccine for adults born in 1980 or later.

HPV (Human Papillomavirus): Ages 15 to 26 should receive a three-dose series.

MMR (Measles, Mumps and Rubella): Adults ages 19 to 39 should have recorded 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 one dose Tdap and then a Td or Tdap booster every 10 years.

Women's Health

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

Cervical Cancer Screening Options: Pap test every 3 years starting at age 21. Women 30 and older have the option for hrHPV testing with or without a Pap test 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

Alcohol: Discuss with your provider beginning at age 18.

New **Tobacco Use, Including Vaping Electronic Cigarettes (non-smoker):** Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Diabetes: Discuss with your provider.

Domestic Violence: Discuss with your provider beginning at age 12.

New **Unhealthy Drug Use:** Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions

Meningococcal B Vaccine: Ages 16 to 23.

HPV Vaccine: Ages 27 to 45.

Age 40 to 49

Wellness Check

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

Screening Tests

Cholesterol: Check every five years.

HIV

New **Hepatitis C:** Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

New **Colon Cancer:** Preferred Screening Options – Starting at age 45, a colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Blood Pressure: Check annually.

Immunizations

Influenza (Flu): Yearly flu vaccine.

MMR (Measles, Mumps and Rubella)

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Women's Health

Cervical Cancer Screening Options: Pap test every three years OR hrHPV with or without a Pap test 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.

Discussion Topics

Alcohol: Discuss with your provider beginning at age 18.

New **Tobacco Use, Including Vaping Electronic Cigarettes (non-smoker):** Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Diabetes: Discuss with your provider; screen every 3 years if overweight or obese.

Domestic Violence: Discuss with your provider beginning at age 12.

New **Unhealthy Drug Use:** Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions

HPV Vaccine: Ages 27 to 45.

Breast Cancer Screening: Ages 40 to 49.

Age 50 to 74

Wellness Check

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

Screening Tests

Cholesterol: Check every five years.

HIV

New **Hepatitis C:** Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

Colon Cancer: Preferred Screening Options – A colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Blood Pressure: Check annually.

Immunizations

Influenza (Flu): Yearly flu vaccine.

MMR (Measles, Mumps and Rubella): Adults ages 50 to 59 should have recorded in their chart at least one dose of the vaccine.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Tdap or Td booster every 10 years.

Shingles: Adults age 50 and older should receive a two-dose vaccine series.

Pneumococcal-23 (Pneumovax): Pneumococcal vaccine series beginning at age 65.

Women's Health

Cervical Cancer Screening Options: Pap test every three years OR hrHPV with or without a Pap test every five years until age 65.

Breast Cancer: Mammography every two years.

Bone Density: Check starting at age 65.

Discussion Topics

Alcohol: Discuss with your provider beginning at age 18.

New **Tobacco Use, Including Vaping Electronic Cigarettes (non-smoker):** Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Diabetes: Discuss with your provider; screen every 3 years if overweight or obese.

Domestic Violence: Discuss with your provider beginning at age 12.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

New **Unhealthy Drug Use:** Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions

Pneumococcal 13 (Pneumovax) Vaccine: age 65+.

Abdominal Aortic Aneurysm Screening: Ages 65 to 75.

Prostate Cancer Screening: Ages 55 to 65.

Wellness Check

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

Screening Tests

New **Hepatitis C:** Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

Blood Pressure: Check annually.

Immunizations

Influenza (Flu): Yearly flu vaccine.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Tdap or Td booster every 10 years.

Shingles: Adults age 50 and older should receive a two-dose vaccine series.

Pneumococcal-23 (Pneumovax): Pneumococcal vaccine series beginning at age 65.

Discussion Topics

Alcohol: Discuss with your provider beginning at age 18.

New **Tobacco Use, Including Vaping Electronic Cigarettes (non-smoker):** Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Preventing Falls: Discuss with your provider beginning at age 65.

New **Unhealthy Drug Use:** Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions

Pneumococcal 13 (Pneumovax) Vaccine: age 65+.

Abdominal Aortic Aneurysm Screening: Ages 65 to 75.

Colon Cancer Screening: Ages 76 to 85.

Breast Cancer Screening: Age 75+.



Recommended

These recommendations have been identified as having high certainty that the net benefit is either moderate to substantial and are recommended for patients.

Discussion Topics

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.

Individualized/Patient-Provider Shared Decisions

Optional items are appropriate for some patients. Discuss with your care team if these items will benefit your health.

These guidelines may vary for patients with personal or family health risks or who take certain medications.

New = Updated or changed guidelines for 2021



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