

# Partnering for Your Best Health 2017



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 to your provider or care team about what's right for you.



## Birth to 17

### 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.



## Age 18 to 39

### 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.

**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 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 a tetanus vaccine (Tdap or Td) every 10 years.

### Men's Health

**Cholesterol:** Check every five years starting at age 35.

### Women's Health

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

**Cervical Cancer:** Pap test every three years for all women ages 21 to 29. Pap test with HPV screening every five years for all women ages 30 to 65.

**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.



## Age 40 to 49

### 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.

**MMR (Measles, Mumps and Rubella):** Adults ages 19 to 59 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 a tetanus vaccine (Tdap or Td) every 10 years.

### Men's Health

**Cholesterol:** Check every five years starting at age 35.

### Women's Health

**Cervical Cancer:** Pap test with HPV screening every five years for all women ages 30 to 65.

**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 Screening:** 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.



## Age 50 to 74

### Wellness Check

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

### Screening Tests

**HIV/AIDS:** Check between ages 15 and 65.

**Hepatitis C:** Check adults born between 1945 and 1965.

**Colon Cancer: Preferred Screening Options—** A colonoscopy every 10 years, a stool FIT\* test 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.

\*FIT= Fecal Immunochemical Test

### Immunizations

**Influenza (Flu):** Yearly flu vaccine.

**MMR (Measles, Mumps and Rubella):** Adults ages 19 to 59 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 a tetanus vaccine (Tdap or Td) every 10 years.

**Zoster (Shingles):** Vaccine for adults at age 60.

**Pneumococcal (Pneumonia):** At least two vaccinations (injections) one year apart beginning at age 65.

### Men's Health

**Cholesterol:** Check every five years.

**Prostate Cancer:** Talk to your doctor about your risk. Regular screening is not recommended for men who have an average risk.

### Women's Health

**Cervical Cancer:** Pap test with HPV screening every five years for all women ages 30 to 65.

**Breast Cancer:** Mammography every two years.



## Age 75 and Older

### Wellness Check

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

### Screening Tests

**Colon Cancer:** The decision to screen for colorectal cancer in adults ages 76 to 85 years should be an individual one, taking into account the patient's overall health and prior screening history.

### Immunizations

**Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Adults age 65 and older may receive a tetanus vaccine (Tdap or Td) every 10 years.

### Men's Health

**Prostate Cancer:** Talk to your doctor about your risk. Regular screening is not recommended for men who have an average risk.

### Women's Health

**Breast Cancer:** Mammography is optional after age 74.

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

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

Age	Months						Years				
	Birth	1	2	4	6	12	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):** Females and males ages 11 to 14 years should receive a two-dose series, and females ages 15 to 26 and males ages 15 to 21 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:** 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.