



## Health Screenings That Could Save Your Life

**70%**  
of chronic diseases  
are preventable

Screenings can uncover a problem that might easily be treated, if caught early. Having preventive or wellness exams is important and means coming in to see your provider every year. By getting these screenings and treatments, you're taking steps that will improve your chances for a longer, healthier life.

**Colonoscopy**  
*Colorectal Cancer Screening*  
Adults ages 45 to 75 should have a colonoscopy every 10 years or stool testing every one to three years based on risk factors.

**Mammography**  
*Breast Cancer Screening*  
Beginning at age 40, most women should be screened every one to two years. Discuss screening specific to your needs with your primary care provider.

**Blood Pressure**  
*Hypertension Screening*  
Adults should have their blood pressure checked every year.

**Cholesterol**  
Fasting cholesterol screening may start at age 20 and continue every one to three years based on risk factors.

**Blood Sugar/Glucose**  
*Diabetes Screening*  
Most adults should have their fasting blood sugar measured every one to three years based on risk factors.

**Depression & Anxiety**  
Adults should be screened for depression and anxiety at every preventive or wellness exam.

**Pap Smear**  
*Cervical Cancer Screening*  
Women ages 21 to 29 should have a pap smear every three years; ages 30 to 65, every three to five years (five years if a human papilloma virus test is done at the same time).

**Bone Mineral Density**  
*Osteoporosis Screening*  
Women ages 65 and older should be screened for osteoporosis at least once.

**Hepatitis C**  
Adults born between 1945 and 1965 are encouraged to be screened once.

These guidelines are recommended for individuals with average health risks. Ask your primary care provider if these guidelines are right for you. Most insurance plans cover age-appropriate screenings. Check your policy for details.

