

Timetable for GOOD HEALTH

► **THIS GUIDE PROVIDES** basic medical evaluation information that a woman should follow throughout her adult life. It does not take into consideration any existing symptoms or family history of disease. Your healthcare provider will notify you about any additional testing that you may need.

POST THE TIMETABLE FOR GOOD HEALTH in a visible area of your home (i.e., refrigerator or message board) or keep it with your medical documents.

KNOW YOUR BODY and be alert for changes. Be proactive about your health, and be aware of the signs and symptoms of major diseases. If you notice a significant change in your body or health, contact your health care provider.

TYPE OF TEST	AGES 18 TO 34	AGES 35 TO 49	AGES 50 PLUS	RECORD TEST DATE & PHYSICIAN
General Physical	Every one to three years.	Annually	Annually	
Blood Pressure	As part of a general physical exam.	As part of a general physical exam.	As part of a general physical exam.	
Cholesterol	Every five years.	Every five years.	Every three to five years.	
Hearing Test	As part of a general physical exam.	As part of a general physical exam.	Periodic testing after age 65.	
Rectal Exam and/or Colonoscopy	Usually not required.	After age 40.	Sigmoidoscopy or colonoscopy every three to five years.	
Urinalysis	As a part of routine prenatal care.	As a part of routine prenatal care.	Routinely from age 60.	
Eye Exam & Glaucoma Test	Visual test as part of a general physical exam.	Every two to four years.	Every one to two years after age 65.	
Dental Care	Once a year or more often as needed.	Once a year or more often as needed.	Once a year or more often as needed.	
Skin Cancer Check – Ups	All age groups. Ask your primary care physician to perform a skin cancer check-up during your general physical exam. Become familiar with your moles and birthmarks. Check them routinely in a full-length mirror (front and back) for changes in size, shape and color.			
Bone Density Scan	Usually not required.	At the onset of menopause. Discuss HRT risks and/or benefits with your physician.	As your physician recommends.	
Blood Sugar Evaluation (Diabetes)	Usually not required.	Every three years starting at age 45.	Every three years.	
Pelvic Exam/Pap Smear	Annually	Annually	Frequency based on physician discretion.	
Breast Exams	Monthly self-exam two to three days after menstrual cycle. Physician exam every one to three years.	Monthly self-exam two to three days after menstrual cycle. Physician exam every year after age 40. Mammogram every one to two years from age 40 to 49.	Monthly self-exam. Choose a date and examine your breasts on that same date every month. Physician exam and mammogram every year.	