



Guidelines for Maintaining Good Health



Penn Medicine

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Penn Medicine is committed to providing health care for women and men of all ages. As a Penn patient, you are provided with information about the latest treatments and research for all aspects of a healthy lifestyle, including guidance on nutrition, exercise and a personalized approach to preventive care.

From birth through the rest of your life, Penn physicians and staff listen to a patient's special concerns and help you make informed decisions about maintaining your health.

As a guideline for achieving and maintaining good health, follow these basic recommendations:

- Eat a balanced diet low in fat and high in fiber to guard against cancer and heart disease.
- Eat dairy products and other calcium rich foods to guard against osteoporosis.
- Do aerobic exercise for at least 30 minutes a day three to four times a week.
- Do not smoke.
- Practice safe sex. Sexually transmitted diseases can lead to a variety of health problems.
- Limit your exposure to the sun.
- Stay up-to-date on immunizations and vaccines.

Know your body and be alert about any changes. If you feel something is different or if you notice a significant change in your body, contact your doctor to voice your health concerns.

Interested in the latest fitness trends, healthy eating tips, community events and more?

Get information on a variety of health topics from Penn doctors at PennMedicine.org/HealthTips.

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Timetable for Maintaining Good Health

Penn Medicine offers this basic guide regarding general medical evaluations throughout your adult life. This guide does not take into consideration any existing symptoms, chronic conditions or family history.

Test Type	Ages 18-34	Ages 35-49	Ages 50+	Test Date and Physician
Wellness Visit	Every 1-3 Years	Annually	Annually	
Blood Pressure	As part of a general wellness visit	As part of a general wellness visit	As part of a general wellness visit	
Cholesterol	Every 5 years	Every 5 years	Every 3-5 years	
Breast Exam	Every 3 years starting in 20's	Annually	Annually	
Colon Cancer Screening	Usually not required	Usually not required	Every 1-10 years (depending on test until age 75)	
Eye Exam & Glaucoma Test	Visual test as part of a general wellness visit	Every 2-4 years	Every 1-2 years over 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	As your primary care physician recommends	As your primary care physician recommends	
Pelvic Exam	Annually	Annually	Frequency based on physician discretion	