

These recommended guidelines are meant for the general population.
Talk with your healthcare provider about what is right for you.

Wellness and prevention checklist for adults

- This checklist includes recommended guidelines for exams and tests you may need. Take it to your provider visit.

All adults			
Recommended Guidelines		To Do	Date Done
Blood pressure (BP) <i>Recommendations from the American Heart Association</i>	<ul style="list-style-type: none"> ■ Starting at age 20, check at least once every 2 years – More often if your blood pressure is high 	<input type="checkbox"/>	
Body mass index (BMI) screening for obesity <i>Recommendations from the Centers for Disease Control and Prevention</i>	<ul style="list-style-type: none"> ■ Check as recommended by your provider 	<input type="checkbox"/>	
Bone mineral density (BMD) test <i>Recommendations from the US Preventive Services Task Force</i>	<ul style="list-style-type: none"> ■ Women age 65 and older check as recommended by your provider ■ Women younger than age 65 with risk factors check as recommended by your provider ■ Men over age 50 check as recommended by your provider 	<input type="checkbox"/>	
Cholesterol <i>Recommendations from the American Heart Association</i>	<ul style="list-style-type: none"> ■ Starting at age 20, check at least every 5 years ■ Men over 45 and women over 50 check more often ■ Check more often with high cholesterol or other cardiovascular risks 	<input type="checkbox"/>	
Colon/Rectal cancer screening <i>Recommendations from the American Cancer Society</i>	Starting at age 50: <ul style="list-style-type: none"> ■ Stool sample test every year ■ Colonoscopy every 10 years ■ More often and at younger age if at higher risk 	<input type="checkbox"/>	
Eyes <i>Recommendations from the American Optometric Association</i>	<ul style="list-style-type: none"> ■ Complete eye exam every 2 years ■ More often with eye symptoms or risk factors ■ Starting at age 61, complete exam every year or as recommended by your provider 	<input type="checkbox"/>	
General preventive care <i>Recommendations from the Centers for Disease Control and Prevention</i>	<ul style="list-style-type: none"> ■ Regular check-ups as recommended by your provider 	<input type="checkbox"/>	
Skin <i>Recommendations from the National Cancer Institute of the National Institutes of Health and the American Academy of Dermatology</i>	<ul style="list-style-type: none"> ■ Self-check for spots, sores, moles, and other skin changes ■ Use a mirror or ask someone to help you check your back or other hard-to-see places ■ Discuss any skin changes or acne with your provider 	<input type="checkbox"/>	
Teeth <i>Recommendations from the American Dental Association</i>	<ul style="list-style-type: none"> ■ Regular check-up and cleaning as recommended by your dentist ■ Brush twice a day with fluoride toothpaste ■ Floss once a day 	<input type="checkbox"/>	

**These recommended guidelines are meant for the general population.
Talk with your healthcare provider about what is right for you.**

All adults (continued)			
Recommended Guidelines		To Do	Date Done
Vaccinations <i>Recommendations from the Centers for Disease Control and Prevention</i>	<ul style="list-style-type: none"> ■ The Centers for Disease Control and Prevention recommends vaccinations for adults, depending on age and risk of infection ■ Vaccinations help protect against many vaccine-preventable diseases ■ Talk to your provider about vaccines you may need 	<input type="checkbox"/>	

For men only			
Recommended Guidelines		To Do	Date Done
Prostate cancer screening <i>Recommendations from the American College of Physicians</i>	<ul style="list-style-type: none"> ■ Talk with your provider about prostate health 	<input type="checkbox"/>	
Testicular cancer screening <i>Recommendations from the American Cancer Society</i>	<ul style="list-style-type: none"> ■ Talk with your provider about testicular health 	<input type="checkbox"/>	

For women only			
Recommended Guidelines		To Do	Date Done
Breast cancer screening <i>Recommendations from the American Cancer Society</i>	<ul style="list-style-type: none"> ■ Starting at age 20, clinical breast exam every 3 years ■ Starting at age 40, clinical breast exam every year if no symptoms ■ Starting at age 20, breast self-exam optional (with instruction on technique) ■ Starting at age 40, mammogram every year (earlier if at higher risk for breast cancer) ■ Talk with your provider about any changes 	<input type="checkbox"/>	
Cervical cancer screening <i>Recommendations from the American Cancer Society</i>	<ul style="list-style-type: none"> ■ Age 21 to 29, Pap test every 3 years ■ Age 30 to 65, Pap test plus HPV test every 5 years (preferred), or Pap test alone every 3 years ■ Age 66 or older with risk factors, as recommended by your provider 	<input type="checkbox"/>	

These recommended guidelines are meant for the general population.
Talk with your healthcare provider about what is right for you.

All adults			
Recommended Guidelines		To Do	Date Done
<p>Other questions for your provider</p> <p><i>Recommendations from the Centers for Disease Control and Prevention</i></p>	<p>Ask your provider questions you may have about these or other concerns</p> <ul style="list-style-type: none"> ■ Alcohol use ■ Alzheimer’s disease ■ Brain health (memory/learning problems) ■ Caring for an ill family member ■ Depression, anxiety, or other emotional concerns ■ Drugs ■ Emergency preparedness ■ End-of-life planning ■ Exercise ■ Fall prevention ■ Fire safety ■ Nutrition ■ Obesity or weight loss ■ Preventing falls ■ Sexually transmitted diseases (including HIV) ■ Stress ■ Skin cancer (sun safety, tanning) ■ Tobacco use 	<input type="checkbox"/>	

Regular visits with your healthcare provider are important for your health. Be sure to ask any questions you may have.