

Preventive screenings are good for your health.

Preventive screenings or preventive health services are steps you can take to prevent a health problem before it starts. Preventive screenings can help find health problems early, when treatment works best. At your yearly wellness visit, run through the checklist below with your health care provider.

- Blood Pressure Screening:** Blood pressure should be checked at every office visit or at least once a year.
- Breast Cancer Screening:** Mammograms are recommended every year to every two years, depending on your age, health history and risk for breast cancer. If you are 40 years or older talk to your health care provider.
- Cervical Cancer Screening:** Screening is recommended every 3 to 5 years depending on your age and the type of test performed. Talk to your health care provider about how often you should get screened for cervical cancer.
- Cholesterol Screening:** Have your cholesterol (total cholesterol, LDL (bad cholesterol), HDL (good cholesterol) and triglyceride levels) checked every one to five years, based on your cardiovascular risk.
- Colorectal Cancer Screening:** Screening starts at age 45. How often you are screened depends on the type of test your health care provider recommends. Tests include colonoscopy, stool test, and flexible sigmoidoscopy.
- Depression Screening:** Speak with your health care provider if you are feeling sad, anxious, depressed or overwhelmed. Your health care provider can help you with treatment and/or referrals.
- Diabetes Screening:** Screening is recommended every three years or more often if you have prediabetes or risk factors for prediabetes or diabetes. If you have diabetes, have a dilated eye exam, kidney test and A1C test yearly to prevent health problems linked to high blood sugar, such as eye, kidney, heart and nerve disease.
- Prostate Cancer Screening:** Talk with your health care provider to get up-to-date information about prostate cancer screening and to determine if screening is right for you.
- Vaccinations:** Get a flu vaccine once a year. Ask your health care provider if you are up to date on vaccinations such as a COVID-19, pneumonia, shingles or Tdap vaccine.

In addition, ask your health care provider about hearing and eye exams and a skin cancer check. For a complete list of screenings visit www.healthfinder.gov.