

Wellness & Prevention Checklist for Adults

These are guidelines for the general population. Talk with your healthcare provider about what exams and tests are right for you.

Wellness & Prevention Checklist		To Do	Date Completed
ALL ADULTS			
Blood Pressure (BP)	Starting at age 20: check at least once every 2 years - more often if at higher risk		
Body Mass Index (BMI) Screening	Check as recommended by your provider		
Bone Mineral Density (BMD) Test	Women age 65 and older, Women younger than 65 with risk factors, and Men over age 50: check as recommended by your provider		
Cardiovascular Calcium Screening	As recommended by your provider		
Cholesterol	Starting at age 20: check at least once every 5 years <ul style="list-style-type: none"> Men over 45 and Women over 50, or those with high cholesterol or other cardiovascular risks: check as recommended by your provider 		
Colon/Rectal Cancer Screening	Starting at age 50, or younger if at higher risk: <ul style="list-style-type: none"> Stool sample test every year Colonoscopy every 10 years 		
Depression Screening	Starting at age 18: screen at least once every year - more often if at higher risk <ul style="list-style-type: none"> Self-screening can be done at: screening.mhanational.org/screening-tools 		
Eyes	Complete eye exam every 2 years, more often with eye symptoms <ul style="list-style-type: none"> Starting at age 61: complete eye exam every year or as recommended 		
General Preventative Care	Regular check-ups as recommended by your provider		
Skin	Self-check for spots, sores, moles and other skin changes <ul style="list-style-type: none"> Use a mirror, or ask for help, to check your back and hard-to-see places Discuss any skin changes or acne with your provider 		
Sleep Apnea Testing	As recommended by your provider		
Teeth	Regular check-up and cleaning as recommended by your dentist <ul style="list-style-type: none"> Brush twice a day with fluoride toothpaste Floss once a day 		
Vaccinations	Talk to your provider about any vaccines you may need to help prevent illness		
Vein Screening	As recommended by your provider		
MEN ONLY			
Prostate Cancer Screening	As recommended by your provider		
Testicular Cancer Screening	As recommended by your provider		
WOMEN ONLY			
Breast Cancer Screening	Starting at age 20: clinical breast exam every 3 years, regular self-exam Starting at age 40, or earlier if at higher risk: clinical breast exam every year <ul style="list-style-type: none"> Mammograms every year 		
Cervical Cancer Screening	Age 21 to 29, Pap test every 3 years Age 30 to 65, Pap test plus HPV every 5 years or Pap every 3 years Age 66 or older, or those with risk factors, as recommended		