

Age	Gender	Preventative screenings
18-24	Male	<ul style="list-style-type: none"> • HPV vaccine (until age 26) if series is not complete • Blood pressure check at every visit • Weight check every 6 months • Current vaccinations (*see footnote at the end of the chart for list of vaccinations) • Influenza vaccine yearly before flu season starts (usually around October) • Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly
	Female	<ul style="list-style-type: none"> • HPV vaccine (until age 26) if series is not complete • Blood pressure check at every visit • Current vaccinations (*see footnote at the end of the chart for list of vaccinations) • Folic acid supplementation for women considering having children • Weight check every 6 months • Influenza vaccine yearly before flu season starts (usually around October) • Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly • Pap smear every 3 years which includes checking for chlamydia and gonorrhea

25-34	Male	<ul style="list-style-type: none"> • HPV vaccine (until age 26) if series is not complete • Blood pressure check at every visit • Current vaccinations (*see footnote at the end of the chart for list of vaccinations) • Weight check every 6 months • Cholesterol check every year. High risk patients will 1 or more of the following: <ul style="list-style-type: none"> ○ Glucose check if overweight (type 1 or 2) ○ 1st degree family member with heart attack before age of 50 ○ Current cigarette smoker ○ Obesity ○ Hypertension ○ If you do not classify as high risk, cholesterol check will begin at 35 years old, every 5 years • Influenza vaccine yearly before flu season starts (usually around October) • Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly
	Female	<ul style="list-style-type: none"> • HPV vaccine (until age 26) if series is not complete • Blood pressure check at every visit • Current vaccinations (*see footnote at the end of the chart for list of vaccinations) • Folic acid supplementation for women considering having children • Weight check every 6 months • Cholesterol check every year. High risk patients will 1 or more of the following: <ul style="list-style-type: none"> ○ Glucose check if overweight (type 1 or 2) ○ 1st degree family member with heart attack before age of 50 ○ Current cigarette smoker ○ Obesity ○ Hypertension ○ If you do not classify as high risk, cholesterol check will begin at 35 years old, every 5 years • Influenza vaccine yearly before flu season starts (usually around October) • Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly • Pap smear every 3 years which includes testing for HPV

35-44	Male	<ul style="list-style-type: none"> • Blood pressure check at every visit • Current vaccinations (*see footnote at the end of the chart for list of vaccinations) • Weight check every 6 months • Influenza vaccine • Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly • Cholesterol check every 5 years • Glucose check if overweight
	Female	<ul style="list-style-type: none"> • Blood pressure check at every visit • Current vaccinations (*see footnote at the end of the chart for list of vaccinations) • Folic acid supplementation for women considering having children • Weight check every 6 months • Influenza vaccine yearly before flu season starts (usually around October) • Breast cancer screening (≥40 years) • Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly • Pap smear every 5 years, which includes testing for HPV • Cholesterol check every 5 years • Glucose check if overweight

<p>45-54</p>	<p>Male</p>	<ul style="list-style-type: none">• Blood pressure check at every visit• Current vaccinations (*see footnote at the end of the chart for list of vaccinations)• Colorectal cancer screening starting at age 50<ul style="list-style-type: none">○ At home test with stool sample every year, or○ Colonoscopy every 10 years• Prostate cancer screening<ul style="list-style-type: none">○ Waking multiple times per night to urinate○ Trouble starting to urinate○ Dribbling after urination○ Feeling like bladder is still full after urinating• Weight check every 6 months• Aspirin prevention (starting at age 50)<ul style="list-style-type: none">○ 10% or greater 10-year risk of heart attack or stroke○ No increased risk for bleeding○ Willing to take aspirin tablet every day for 10 years• Influenza vaccine yearly before flu season starts (usually around October)• Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly• Cholesterol check every 5 years• Glucose check if overweight
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	<p style="text-align: center;">Female</p>	<ul style="list-style-type: none">• Blood pressure check at every visit• Current vaccinations (*see footnote at the end of the chart for list of vaccinations)• Colorectal cancer screening starting at age 50<ul style="list-style-type: none">○ At home test with stool sample every year, or○ Colonoscopy every 10 years• Weight check every 6 months• Aspirin prevention (starting at age 50)<ul style="list-style-type: none">○ 10% or greater 10-year risk of heart attack or stroke○ No increased risk for bleeding○ Willing to take aspirin tablet every day for 10 years• Influenza vaccine yearly before flu season starts (usually around October)• Breast cancer screening (≥40 years)• Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly• Pap smear every 5 years, which includes testing for HPV• Cholesterol check every 5 years• Glucose check if overweight
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<p>55-64</p>	<p>Male</p>	<ul style="list-style-type: none">• Blood pressure check at every visit• Current vaccinations (*see footnote at the end of the chart for list of vaccinations)• Colorectal cancer screening starting at age 50<ul style="list-style-type: none">○ At home test with stool sample every year, or○ Colonoscopy every 10 years• Weight check every 6 months• Shingles vaccine• Lung cancer screening (Current/former smokers)<ul style="list-style-type: none">○ Chronic cough○ Night sweating○ Unintended weight loss○ Family history of lung cancer• Prostate cancer screening<ul style="list-style-type: none">○ Waking multiple times per night to urinate○ Trouble starting to urinate○ Dribbling after urination○ Feeling like bladder is still full after urinating• Aspirin prevention<ul style="list-style-type: none">○ 10% or greater 10-year risk of heart attack or stroke○ No increased risk for bleeding○ Willing to take aspirin tablet every day for 10 years• Cholesterol check every 5 years• Glucose check if overweight• Influenza vaccine yearly before flu season starts (usually around October)• Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly
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	Female	<ul style="list-style-type: none"> • Blood pressure check at every visit • Current vaccinations (*see footnote at the end of the chart for list of vaccinations) • Colorectal cancer screening starting at age 50 <ul style="list-style-type: none"> ○ At home test with stool sample every year, or ○ Colonoscopy every 10 years • Weight check every 6 months • Influenza vaccine yearly before flu season starts (usually around October) • Shingles vaccine • Lung cancer screening (Current/former smokers) <ul style="list-style-type: none"> ○ Chronic cough ○ Night sweating ○ Unintended weight loss ○ Family history of lung cancer • Aspirin prevention <ul style="list-style-type: none"> ○ 10% or greater 10-year risk of heart attack or stroke ○ No increased risk for bleeding ○ Willing to take aspirin tablet every day for 10 years • Breast cancer screening (≥40 years) • Depression/anxiety screening using the PHQ-9 and GAD-7 questionnaires yearly • Pap smear every 5 years, which includes testing for HPV • Cholesterol check every 5 years • Glucose check if overweight
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***Current vaccinations**

- HPV: 2 or 3 doses depending on age at series initiation (patients 18-26 years old)
- Tdap or Td: 1 dose Tdap, then Td booster every 10 years
 - This vaccination is especially important for parents, grandparents and other family members who will be around new born children
- MMR: 1 or 2 doses depending on indication (if born later than 1957)
- PPSV23 (pneumococcal): 1 or 2 doses depending on indication (this covers you until age 65)
- Hep A: 2 or 3 doses depending on vaccine (to ensure lifetime protection)
- Heb B: 3 doses (to ensure lifetime protection)

- MenACWY (meningococcal): 1 or 2 doses depending on indication then booster every 5 years depending on risk factors (to ensure lifetime protection)
- MenB (meningococcal): 2 or 3 doses depending on vaccine (to ensure lifetime protection)
- Hib (*Haemophilus influenzae* type B): 1 or 3 doses depending on indication (to ensure lifetime protection)