



The Importance of Preventive Care Screenings

Preventive care screenings can identify abnormal changes to your health, and help with early detection of chronic conditions like high blood pressure, diabetes, or cancer. Most preventive healthcare services are covered by insurance.

Your primary care provider (PCP) can help you stay on track with all recommended preventive screenings based on your age and gender.

General preventive care screenings:

- Blood panel*
- Mental health screening*
- Dental exam — twice per year
- Eye exam
- Colonoscopy — typically starting at age 45 or sooner depending on family history
- Sexually transmitted infection and HIV — regular testing is recommended for sexually active adults
- Skin cancer screening**
- Immunizations and vaccinations

Additional female preventive screenings:

- Pelvic exam — should be completed annually by an OB-GYN
- Mammogram — typically starting at age 40, or sooner based on family history
- Cervical cancer screening — should be completed every 3 years by an OB-GYN for females who are sexually active or over age 21
- Bone density screening

Additional male preventive screenings:

- Prostate exam — begins around 45 years old or earlier depending on family history
- Testicular exam — should be completed annually

Preventive care screenings can be overwhelming. Finding a PCP and scheduling your annual physical is a great place to start.

*Typically done in combination or during your annual physical

**This may not be covered at 100% by your insurance provider; please contact your medical carrier to confirm

Sources:

<https://www.mdanderson.org/cancerwise/how-often-should-i-get-a-colonoscopyh00-159619434.html>
<https://www.tricitymed.org/2016/09/guide-health-screenings-age-infographic/>
<https://www.gloucestercountynj.gov/DocumentCenter/View/635/Recommended-Screenings-for-Adults-by-Age-and-Gender-PDF>