




SCREENING ACTIVITY		18	25	30	35	40	45	50	55	60	65	70	75	80	
EXAMS	PREVENTIVE INCLUDING WEIGHT	Every 5 years				Every 2 years		Annually							
	WELL-WOMAN	Annually	Every 2 years												
CARDIOVASCULAR HEALTH	BLOOD PRESSURE	Every 3–5 years; every year for those with cardiac risk ¹				Every year									
	CHOLESTEROL	Every 5 years for those with cardiac risks ¹				Every 5 years									
	FASTING BLOOD SUGAR/A1C	Every 3 years for those who with cardiac ¹ or diabetic ² risk factors				Every 3 years									
	ABDOMINAL AORTIC ULTRASOUND											Men who ever smoked			
CANCER SCREENING	BREAST CANCER					Shared decision between patient & provider		Every 1–2 years thru age 74				Shared decision between patient & provider			
	CERVICAL CANCER	Starting at age 21 every 3 years		Every 5 years until age 65											
	COLON CANCER						Starting at age 45, or sooner based on risk ⁴				Shared decision between patient & provider				
	PROSTATE CANCER					Discuss harms & benefits if at high risk ⁴		Discuss harms & benefits							
	LUNG CANCER								Annual low-dose CT scan based on risk ⁵						
OTHER SCREENING	BONE DENSITY TEST								If high risk ⁶		All women				
	HEPATITIS B SCREENING	Only for people at high risk ⁷													
	HEPATITIS C SCREENING	Once or periodically if at continued risk ⁸													
	TB SCREENING	For patients at high risk ⁹													
SEXUAL HEALTH	CHLAMYDIA AND GONORRHEA TESTING	Women yearly if sexually active		Women as needed if increased risk ¹⁰											
	HIV TESTING	At least once age 18–65									If high risk, periodically if at continued risk ¹¹				
	SYPHILIS TESTING	For patients with increased risk of infection ¹²													

 For all persons who meet age requirements

 For all persons who meet specified criteria

 Shared decision

Based on the United States Preventive Services Task Force 2021 Guidelines and other selected references.

- ¹ **Cardiac** risks include: smoking, hypertension, diabetes, strong family history of heart attack, obesity, physical inactivity.
- ² **Diabetes** risks include: family history of diabetes, Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander, overweight or obese, physically inactive, hypertension, history of gestational diabetes, polycystic ovary syndrome.
- ³ **Colon cancer** risks include: personal or family history of polyps or colorectal cancer, inflammatory bowel disease, personal diagnosis or family history of genetic disorders associated with increased risk.
- ⁴ **Prostate cancer** risks include: African American race or family history of prostate cancer.
- ⁵ **Lung cancer** screening is recommended annually for those with a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.
- ⁶ **Osteoporosis** risks include: family history of osteoporosis, smoking, corticosteroid use, alcohol use, low BMI, with FRAX score of Major Osteoporotic fracture of 8.4.
- ⁷ **Hepatitis B** risks include: birth in a country with high prevalence, having parents from regions of high prevalence when the patient did not receive Hepatitis B vaccine, history of injection drug use, persons with HIV, men who have sex with men, and close contacts of person who are HBsAg positive.
- ⁸ **Hepatitis C:** all adults should be screened once. If at higher risk, can be screened periodically. Increased risk is seen in persons who inject drugs. Pregnant women should also be screened.
- ⁹ **TB (Latent Tuberculosis Infection)** risks include: those who were born in, or previously lived in, countries with increased prevalence of tuberculosis, and high-risk congregate settings. tuberculosis, and high-risk congregate settings.
- ¹⁰ **Chlamydia and Gonorrhea** risks include: young age, new sex partner, more than 1 sex partner, previous or co-existing sexually transmitted illness (STI) sex partner who has an STI, and exchanging sex for money or drugs.
- ¹¹ **HIV** risks include: history of drug use, men who have sex with men, transfusion, multiple partners, unprotected sex with an infected partner.
- ¹² **Syphilis** highest risk: men who have sex with men and persons living with HIV. Other factors associated with increased risk include a history of incarceration, history of commercial sex work, and being a male younger than 29 years.