

Test	Male	Female	Notes & Frequency
Physical Exam	X	X	At least every five years
Eye Exam	X	X	Once between ages 20 and 29
Pap Smear		X	Every three years or per gynecologist instructions
Flu Vaccination	X	X	Receive once every flu season
Td or Tdap Vaccination	X	X	Tetanus, diphtheria, and pertussis shot if not already received at a younger age
HPV Vaccination	X	X	If not already received earlier recommended 2 dose schedule interval between vaccinations is 6-12 months, 2 doses of the vaccine are recommended
Meningitis Vaccination and booster vaccines (MenACWY and MenB)	X	X	If not already received at a younger age for MenACWY recommended 1 or 2 doses, could involve booster shots later on depending on the specific vaccine. If not already received, for MenB recommended 2 or 3 doses depending on the vaccine, booster shots recommended based on the specific vaccine. For both the length between doses vary depending on the type of vaccine received, revaccinate every 5 years if risk remains.
Routine Lab work	X	X	<p>Routine blood work includes</p> <ul style="list-style-type: none"> ● CBC <ul style="list-style-type: none"> ○ Once a year, if risk factors present more often or per doctor's instructions. ● TSH and T4 <ul style="list-style-type: none"> ○ Once a year, especially more common for patients above 50 ● Urinalysis <ul style="list-style-type: none"> ○ Once a year if no other risk factors are present. ● A1C <ul style="list-style-type: none"> ○ Every 1-2 years if no prior risk factors, if diabetic or risk factors twice a year or per your doctor's instructions ● Comprehensive Metabolic panel <ul style="list-style-type: none"> ○ Once a year ● Basic metabolic panel <ul style="list-style-type: none"> ○ Once a year regardless of risk factors. ● Lipid (Cholesterol) test <ul style="list-style-type: none"> ○ Once every five years if within normal range. Needed yearly if you smoke, are obese, have high blood pressure, diabetes, or a family history of heart disease. ● Vitamin B12 levels <ul style="list-style-type: none"> ○ Once a year or more frequently (2-3 months) if symptoms of fatigue, memory

			<p>issues, and walking difficulties occur. Methylmalonic acid levels can then be tested to confirm a vitamin B12 deficiency.</p> <ul style="list-style-type: none">• PT and INR tests<ul style="list-style-type: none">○ Every other year if not on blood thinners. If on blood thinners (Warfarin) this must regularly be tested every 2-4 weeks.
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