

Test	Male	Female	Notes & Frequency
Physical Exam	X	X	Every one to two years
Mammogram		X	Once a year
Pap Smear		X	Every three years or per gynecologist instructions, after age 70 women no longer need this test if they have had three normal pap smears in a row or no abnormal results for 10 years
Rectal Exam	X	X	Once a year
Fecal occult blood test	X	X	Once a year
Colonoscopy	X	X	Every ten years
Prostate Exam	X		Once a year
Bone density test	X	X	Recommended for women approaching menopause, all women over 65 and men who are at risk for osteoporosis, which could be a family history of osteoporosis, frequent fractures, loss of height, or if they have a chronic disease. Testing every 2 years is recommended.
Audiogram	X	X	Every 3-5 years after initial audiogram if no risk factors present
Eye Exam	X	X	Every two to four years
Skin cancer screening	X	X	Every one to two years
Pelvic Exam		X	Once a year
Flu Vaccination	X	X	Receive once every flu season
Booster Td or Tdap Vaccination	X	X	Tetanus, diphtheria, and pertussis shot every 10 years to follow up the vaccines they received at a younger age. (If you experience a puncture wound it's recommended to get another booster shot regardless of when you had the last shot.)
Zoster recombinant vaccination (shingles)	X	X	If not already received earlier 2 doses of the vaccine recommended administered around 2-6 months apart.
Pneumococcal Vaccination	X	X	If not received earlier and if 65 years or older receive 1 dose of PCV13 first and then a dose of PPSV23 6-12 months later. Only a single shot of each vaccine is needed.
Routine Lab work	X	X	Routine blood work includes <ul style="list-style-type: none"> • CBC <ul style="list-style-type: none"> ○ Once a year, if risk factors present more

			<p>often or per doctor's instructions.</p> <ul style="list-style-type: none"> ● 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 issues, and walking difficulties occur. Methylmalonic acid levels can then be tested to confirm a vitamin B12 deficiency. ● 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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