

Preventative Screening Card

Below is a list of commonly recommended preventive screenings you may want to discuss with your doctor. Always work with your doctor to decide what's best for you. Please consult your healthcare provider on the frequency of needed preventative screening.



Vaccines

Type	Age Range	Schedule By	Date Completed
Influenza (flu) virus	Discuss with doctor		
Pneumococcal (pneumonia)			



Women's Health Screenings

Type	Age Range	Schedule By	Date Completed
Breast cancer screening	40-74		
Cervical cancer screening	18-75		
Bone mineral density test	65-85		



Men's Health Screenings

Type	Age Range	Schedule By	Date Completed
Prostate exam	50-74		



Physical Exam & Health Guidance

Type	Age Range	Schedule By	Date Completed
Physical exam	18-75		



Colorectal Cancer Screening

Type	Age Range	Schedule By	Date Completed
Colonoscopy	45-75		
Flexible sigmoidoscopy	45-75		
Home test kit (FOBT/FIT)	45-75		
Cologuard	45-75		



Diabetes Management

Type	Age Range	Schedule By	Date Completed
HbA1c (blood sugar)	18-75		
Comprehensive eye exam	18-75		
Urine test	18-75		

References

List of recommended screenings are from the US Preventive Services Task Force
www.uspreventiveservicestaskforce.org/browseRec/index
Physical exam and health guidance are from Center for Medicare and Medicaid Services
www.medicare.gov/coverage/years-wellness-visits

Questions for my doctor.



 **PRIVIA.**
HEALTH



Preventative Screening Card

Use this to track your
medical screenings.