

## **Health Maintenance Schedule**

We suggest that you check with your insurance about coverage for these services.

**Children:**

*Follow-up at Age:*

1 mo., 2 mos., 4 mos., 6 mos., 9 mos., 12 mos., 15 mos., 18 mos.

*Yearly Well Child Exams:*

2-18 years of age

**Well Women:**

*Pap/Pelvic Exam:*

Yearly beginning at age 18 or earlier if sexually active

*Mammogram:*

Every two years after age 40, yearly after age 50, earlier with a strong family history of breast cancer

*Bone Density Scan:*

At menopause and then as needed

**Complete Physical Exam:**

Age 18-40 Every 5 years

Age 41-50 Every 3 years

Age 51-60 Every 2 years

Over 60 Every year

**Other Follow-ups and Vaccinations:**

Blood Pressure Check	Every 2 years	*For high blood pressure: every 3-6 months
Cholesterol Check	Every 5 years	*For high cholesterol: every 3-6 months
Asthma Follow-up	Every 6 months if stable and a flu shot in October	
Diabetes	Every 3 months	
Thyroid Disease	Every 6-12 months	
Stool test for blood	Yearly after age 40	*Call if experiencing bleeding
Sigmoidoscopy	Every 5 years after age 50	
Colonoscopy	Every 10 years after age 50	
Glaucoma Test	Every 2 years after age 40 by an optometrist	
Tetanus booster	Every 10 years	
Rubella booster	Once in childbearing years for women, or blood test to check for immunity	
Pneumonia Vaccine	One after age 65 or earlier if affected by lung or heart disease	
Flu Vaccine	Yearly between ages 6 months and 2 years, yearly after age 65*	*Or earlier if affected by lung or heart disease
Chicken Pox Vaccine	All adults or teenagers who have never had the chicken pox	