

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 – as a minimum, however we encourage

Age 18-40 Every 5 years ***our patients to have a physical every year.***

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
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	Pneumovax23 at age 65 and up Pneumovax23 one year later	Earlier if affected by lung or heart disease
Flu Vaccine	Yearly age 6 months and up*	High Dose for age 65+
Chicken Pox Vaccine	All adults or teenagers who have never had the chicken pox	
Shingles Vaccine (Shingrix)	Ages 50+	2 dose series, 2 months apart