

# Take Charge of Your Health!

Talk with your Doctor about these important Preventive Services for people age 50 & older\*



Category	Test	Recommendations for who should get this test	Write the date and results of your last exam
<b>Cancer Screening</b>	Breast cancer screening (mammogram)	For women ages 50–75, every 1–2 years	
	Cervical cancer screening	Most women should get tested every 3 years until age 65; check with your doctor about what is right for you after age 65.	
	Colon cancer screening	Between ages 50–75, frequency varies depending on type of test you have. After age 75, talk with your doctor about whether you should continue getting this test.	
<b>Immunizations</b>	Influenza (flu shot)	Get this every year between September and March	
	Pneumonia	Immunize at age 65, if you haven't had it before	
	Tetanus/Diphtheria/Acellular Pertussis (Td/Tdap)	Tdap if you haven't received it before	
	Zoster (Shingles)	After age 60 (single dose)	
	Varicella (Chicken Pox)	If at risk, check with your doctor	
<b>Health Exams and Screenings</b>	Cholesterol testing	Every 5 years for men age 34+ and women 44+	
	Eye exam	Every 2–10 years for ages 65 or older	
	Bone mass density/osteoporosis screening	All women age 65+. Younger women and men at risk—check with your doctor.	
	Weight/Body Mass Index (BMI)	Every year	
	Blood Pressure	Every year	
	Hearing	First test at age 40, then every 2–10 years	
	Aneurysm Screening	Men 65–75 one lifetime screen if at risk	

\*Guidelines are based on Institute for Clinical Systems Improvement, Preventive Services for Adults, September 2013 ([https://www.icsi.org/\\_asset/gtjr9h/PrevServAdults.pdf](https://www.icsi.org/_asset/gtjr9h/PrevServAdults.pdf)) and Institute for Clinical Systems Improvement, Immunizations, May 2014 ([https://www.icsi.org/\\_asset/lzd430/Immun.pdf](https://www.icsi.org/_asset/lzd430/Immun.pdf)). Check with your doctor for specific recommendations based on your age, health and medical history.

# Important Things to Talk about with Your Physician:

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Topic	Prevention Steps Your Doctor Suggests
Preventing Falls or Problems with Balance or Walking	
Staying Active/Physical Activity	
Urinary Incontinence/Leaking Urine	
Alcohol Misuse Screening	
Tobacco Cessation Classes	