



What do healthy men and women have in common?



CHECKUPS & SCREENING

Learn what checkup and screening you need and schedule an appointment.

ANNUAL TESTS

20-50+

Blood Pressure
Rectal Examination

50+

Physical Examination
Blood Test and Urine Test
PSA Blood Test

ABDOMINAL ULTRASOUND

Men age 65+ who smoke or who used to smoke cigarettes



CHOLESTEROL BLOOD TEST

Women over the age of 45 and men over the age of 35 every 5 years

COLONOSCOPY

All women and men age 50-75 every 10 years

ANNUAL TESTS

20-50+

Blood Pressure
Breast Examination
Reproductive Health Examination
Rectal Examination

50+

Physical Examination
Blood Test and Urine Test

PAP SMEAR

Women age 21-65 every 3 years

MAMMOGRAM

Women age 50-75 every 1-2 years. Women age 40-49 need to discuss it with a doctor

BONE DENSITY

Women age 65+ every 2 years



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HEART

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