

Recommended adult PREVENTION schedule



Age:	20	25	30	35	40	45	50	55	60	65	70	75	80+
	Preventive care visit every five years							Preventive care visit every two years					
	Complete advance directives, and update as needed												

LIFESTYLE PRACTICES

Tobacco use	Avoid or quit tobacco use, including second-hand exposure												
Exercise	At least 30 minutes of moderate exercise on most days												
Diet	Choose foods low in fat with eight or more servings of vegetables and fruits every day; consider portion sizes												
Safety	Use seatbelts, bicycle helmets, and smoke detectors; store guns properly												
Alcohol use	If you drink alcohol, do so in moderation and don't drink and drive												
Sexuality	Discuss sexual practices, sexually transmitted disease prevention, and family planning with your health care provider												

SCREENING TESTS

Hypertension	Check blood pressure every two years												
Diabetes	Discuss with health care provider												
Colon cancer								FIT (home stool test) every year					
WOMEN -Cholesterol	Check once							Check every five years					
—Cervical cancer	Pap every 3 years			Pap/HPV co-test every five years									
—Chlamydia	Every year												
—Breast cancer	Discuss with provider							Mammogram every 2 years				Discuss w/ provider	
—Osteoporosis	Regular exercise, calcium, and vitamin D; discuss with health care provider										Bone densitometry once		
MEN -Cholesterol	Check once							Check every five years					
—Prostate cancer								Discuss with health care provider					

This schedule is recommended for the general population; adaptations will need to be made based on personal risk.

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Recommended adult **IMMUNIZATION** schedule

Age:	19-49	50-64	65 or older
Tetanus, diphtheria, acellular pertussis	1 dose Tdap if not previously given, then 1 dose Td every 10 years, 1 dose Tdap each pregnancy		
Influenza	1 dose annually		
Pneumonia (pneumococcal)	1 or 2 doses for those with risk factors ¹		1 dose, or booster
Hepatitis B	3 doses for those with risk factors ¹		
Hepatitis A	2 doses for those with risk factors ¹		
Measles, mumps, rubella (MMR)	1 or 2 doses for adults born during or after 1957 who lack evidence of immunity ²		
Chickenpox (varicella)	2 doses for those with no evidence of immunity ²		
Meningococcal	1 or more doses for those with risk factors ¹		
Shingles (Zoster)		1 dose for those 60 and over	
Human Papillomavirus (HPV)	3 doses up to age 26 if not given earlier		

Effective February 2013 • This schedule is recommended for the general population. Adaptations will need to be made based on personal risk.

1 Consult your health care provider to determine your need for this vaccine based on medical, occupational, lifestyle, foreign travel, or other indications.

2 Health care workers without evidence of immunity must have two doses at least one month apart. Evidence of immunity is documentation of prior vaccination or infection.

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