

# long live YOU

For questions about any screening or test you are due for, please contact your primary care physician at **303-338-4545** or send a secure message on [kp.org/healthmanager](https://kp.org/healthmanager).



## PREVENTIVE SCREENING GUIDELINES FOR MEN

AGE

18-39

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 to 5 years
- Lipid (cholesterol) and diabetes screening at least once
- Recommended vaccinations:
  - » Tetanus/pertussis booster at least once after 18 and then every 10 years
  - » Meningococcal conjugate vaccine once between 18 and 21
  - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

40-49

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 to 5 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Colonoscopy at age 40 if you have a family history of colon cancer or 10 years before colon cancer was diagnosed in your first-degree relative (parents or siblings)
- Recommended vaccinations:
  - » Tetanus/pertussis booster once every 10 years
  - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

50-64

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Colorectal cancer screening: stool test every 1 to 2 years OR colonoscopy every 10 years
- Lung cancer screening after age 55 if at high risk
- Recommended vaccinations:
  - » Tetanus/pertussis booster once every 10 years
  - » Zoster vaccine (shingles) once between age 60 and 79
  - » Influenza (flu) vaccine recommended annually
  - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

65+

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Colorectal cancer screening: stool test every 1 to 2 years OR colonoscopy every 10 years
- Abdominal aortic aneurysm screening ultrasound once if you ever smoked
- Osteoporosis test after age 70 if high risk
- Lung cancer screening if high risk
- Recommended vaccinations:
  - » Tetanus/pertussis booster once every 10 years
  - » Zoster vaccine (shingles): once between age 60 and 79
  - » Influenza (flu) vaccine recommended annually
  - » Pneumonia vaccine once after age 65

Your Personal Action Plan on [kp.org](http://kp.org) is an online tool that gives you customized information about screenings and preventive services you are personally due for based on your age, gender, and health history. To see a Personal Action Plan for yourself or an adult family member whom you've added to your family list go to [kp.org/actionplan](http://kp.org/actionplan) and log in. If you're not registered to use [kp.org](http://kp.org), you can sign up at [kp.org/registernow](http://kp.org/registernow).



## PREVENTIVE SCREENING GUIDELINES FOR WOMEN

AGE

18-39

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 to 5 years
- Lipid (cholesterol) and diabetes screening at least once
- Pap test every 3 years starting at age 21 (more often if high risk)
- Chlamydia screening every year if sexually active until age 24 (or later if high risk)
- Recommended vaccinations:
  - » Human papilloma virus vaccine (three doses at 0, 2, & 6 months) by age 26
  - » Tetanus/pertussis booster at least once after 18 and then every 10 years
  - » Meningococcal conjugate vaccine once between 18 and 21
  - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

40-49

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 to 5 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Pap test every 3 years (more frequent if high risk)
- Talk with your doctor about risks and benefits of getting a mammography starting at 40. Tell your doctor if you have a family history of breast cancer.
- Recommended vaccinations:
  - » Tetanus/pertussis booster once every 10 years
  - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

50-64

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body mass index (screening for overweight) every 2 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Pap test every 3 years (more frequent if high risk)
- Mammogram every 1-2 years (annually if high risk)
- Colorectal cancer screening: stool test every 1 to 2 years OR colonoscopy every 10 years
- Lung cancer screening after age 55 if at high risk
- Recommended vaccinations:
  - » Tetanus/pertussis booster once every 10 years
  - » Zoster vaccine (shingles) once between age 60 and 79
  - » Influenza (flu) vaccine recommended annually
  - » Pneumonia vaccine – consider 1 time if smoker or asthmatic between 18 and 64

AGE

65+

- Blood pressure every 2 years (annually if diagnosed with hypertension)
- Body Mass Index (screening for overweight) every 2 years
- Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated)
- Pap test not recommended if long history of normal Pap tests and not high risk
- Mammogram every 1-2 years (annually if high risk to age 75)
- Colorectal cancer screening: stool test every 1 to 2 years OR colonoscopy every 10 years
- Osteoporosis test at age 65 unless on treatment
- Lung cancer screening if at high risk
- Recommended vaccinations:
  - » Tetanus/pertussis booster once every 10 years
  - » Zoster vaccine (shingles) once between age 60 and 79
  - » Influenza (flu) vaccine recommended annually
  - » Pneumonia vaccine once after age 65