

# Annual Wellness Checks for Adults 18+

It is vital to your long-term health to make scheduling your annual checkup a priority. It's easy to get overwhelmed with the hustle and bustle of life, but setting aside time to schedule an appointment with your doctor can make all the difference for your health. Getting your regular annual exams can make all the difference when it comes to keeping you healthy and happy.

To help you stay on top of your health, we've compiled a list of important screenings and tests you should receive if you're between ages 18 - 39, ages 40 - 59 and age 60 and up.

Make your health a top priority! You'll thank yourself later for scheduling your annual appointments!



## Screenings

- Diabetes
- Cholesterol, heart disease
- Blood pressure
- Skin checks
- Hepatitis screening
- Lifestyle screening check (Tobacco/alcohol use, healthy eating, STI, depression/anxiety)

## Immunizations

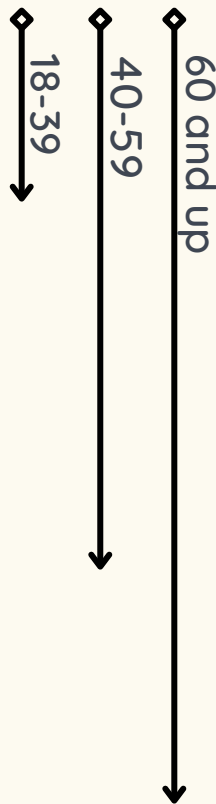
- Flu shot (annually)
- HPV immunization
- Tdap booster (every 10 years)
- COVID-19 immunization + booster

## Annual Exams

- Physical exam
- Dental exam
- Eye exam
- Hearing exam

## Annual Wellness Checks for 18+

- Self breast exam
- Self testicular exam
- Pap Smear (21+, every 3 or 5 yrs)
- Colorectal Cancer Screening (45+)
- Mammogram (40+)
- Lung Cancer Screening (50+)
- Prostate Cancer Screening (50+)
- Shingles immunization (50+)
- Pneumococcal immunization (65+)
- Bone Mineral Density Test
- Balance/Fall Assessment



It is important to talk to your doctor about getting screened earlier if you have a family history of cancer or other chronic health conditions.

