

# *Health Screening Checklist*



Jubilant Age

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## Health Screenings You Need After Age 50

Test or immunization	Typical timing
<i>Blood Screening Tests</i>	
Blood pressure	2 times per year
Cholesterol levels	Varies, ask your doctor
Diabetes test	If warranted
Hepatitis A & B	If warranted
Hepatitis C	Once
Vitamin B12 level	At least once, more if warranted
Vitamin D level	At least once, more if warranted
HIV/AIDS	If warranted
<i>Cancer Screening Tests</i>	
Colonoscopy	Every 5-10 years unless otherwise ordered
Mammogram	Every 1-2 years
Pap smear	Every 3 years until age 65
Prostate	Frequency varies with results
Skin cancer	Frequency varies with results
<i>Immunizations</i>	
Influenza	Every year
Tetanus, Diphtheria, Pertussis	Every 10 years
Measles, Mumps, Rubella	Once after age 50
Chickenpox	2-shot series if you didn't have chickenpox as a child
Shingles	Get Shingrix even if you had Zostavax vaccine. 2-shot series
Pneumococcal	2 vaccines ((PCV13 and PPSV23) for adults over 65. Get earlier if in high risk group
<i>Other Screenings</i>	
Dental exam	Every year
Eye exam	Every 2 years
Hearing test	Every 3 years
Bone density scan	At least once if female over 65, male over 70. Or if over 50 and you break a bone
Depression	As warranted
Cognitive	As warranted

*Disclaimer: This list is intended for educational purposes and does not constitute medical advice. You should always check with your physician to determine the appropriate screenings and immunizations you need based on your own health condition. See related [post](#) for details.*