

**HEALTHCARE ASSOCIATES  
2006  
ADULT WELLNESS GUIDELINES\***

PROCEDURE	GENDER	AGE GROUP			
		18 - 39	40 - 49	50 - 64	65+
Physical Exam	Men and Women	Yearly	Yearly	Yearly	Yearly
Pap Smear <sup>1</sup>	Women	Yearly, starting within 1 year of becoming sexually active but no later than 21 years of age.			
Mammogram	Women		Yearly	Yearly	Yearly
Flu Vaccine <sup>2</sup>	Men and Women	Yearly	Yearly	Yearly	Yearly
Pneumonia Vaccine <sup>3</sup>	Men and Women			Every 10 years starting at age 60	
EKG	Men and Women		Yearly	Yearly	Yearly
Colonoscopy <sup>4</sup>	Men and Women			Every 5 years starting at 50	
PSA	Men		Yearly	Yearly	Yearly
Digital Rectal Exam	Men and Women	As Needed	Yearly	Yearly	Yearly
Bone Density Exam <sup>5</sup>	Women			Every 2 years starting at age 50	
Thyroid Panel	Women		Yearly	Yearly	Yearly
Thyroid Panel	Men			Yearly	Yearly
Calcium Scoring	Women			Yearly	Yearly
Calcium Scoring	Men		Yearly	Yearly	Yearly
Cardio CRP	Women			Yearly starting at age 50	
Cardio CRP	Men		Yearly starting at age 40		
<b>* These are suggested guidelines for asymptomatic, low-risk persons.</b>					
<b>Persons with a family history of related diseases should be tested earlier upon the advice of their physician.</b>					
1) Women older than 60 years or hysterectomy with 3 or more normal consecutive Pap results may choose to screen every 2 to 3 years					
2) Start as early as 6 months of age					
3) Start earlier upon the advice of physician if medical conditions such as diabetes mellitus, congestive heart failure or splenectomy are present					
4) Start at age 40 if family history of colon/rectal disease is present					
5) Start within 2 years after menopause and/or hysterectomy					