



Preventive screening guidelines

Preventive screenings help prevent and detect illnesses and diseases in their earlier stages when they're easier to treat.¹ Plus, they can help you and your healthcare provider learn more about your well-being and identify lifestyle changes you can make to help you be your happiest and healthiest self.

Use the list of recommended screenings² and immunizations³ below as your guide to preventive health. Track and record the dates you have your screenings. Always work with your healthcare provider to decide what's best for you.

	Ages 50–64	Ages 65+	Additional information	Date of your screening
Physical exam and health guidance (also known as “Well visit”)				
This includes a physical exam, body mass index (BMI) and counseling	Annually		During this appointment, talk to your healthcare provider about: <ul style="list-style-type: none"> • Diet and exercise • How to reduce your risk of falls • Your mental and emotional health 	
Heart health screenings				
Cholesterol/lipid	Every 5 years; more often if directed by your healthcare provider		You may be required to fast for 9–12 hours. If you have cardiovascular problems, you may need annual tests.	
Blood pressure	Every 1–2 years for those with normal blood pressure; more often if directed by your healthcare provider		Talk to your healthcare provider to learn your target blood pressure range.	

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Diabetes (blood glucose)	Every 3 years; more often if directed by your healthcare provider		If you have diabetes, you should have your A1C checked at least twice per year, and the following tests are recommended at least annually: LDL cholesterol, kidney test and an eye exam to check for diabetic retinopathy.	
Cancer screenings				
Colorectal cancer	Colonoscopy at age 50 and then every 10 years – or – Fecal immunochemical test (FIT) plus sigmoidoscopy every 10 years – or – Sigmoidoscopy every 5 years		Talk to your healthcare provider about which screening option is best for you. After age 75, talk to your provider to find out if you need to be screened.	
Skin cancer	Annual skin exam, as directed by your healthcare provider		Talk to your healthcare provider about how to do self-exams.	
Breast cancer	Every 2 years	Every 2 years until age 75	Talk to your healthcare provider about clinical breast exams and self-exams. After age 75, talk to your provider to find out if you need to be screened.	
Cervical cancer (women only)	Every 3 years; more often if directed by your healthcare provider	If you are over 65 and have a history of normal Pap test results, you may not need to be screened	This screening typically includes a Pap test and an HPV test. Talk to your healthcare provider about which testing schedule is best for you, especially if you've had a hysterectomy or are 65 years or older. Also, discuss any problems you may have with bladder leakage.	

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Prostate cancer (men only)	Periodically, as directed by your healthcare provider		There are two different screening methods: a digital rectal exam and the prostate specific antigen (PSA) test. Talk to your healthcare provider about your risk and which screening schedule is best for you.	
Lung cancer	Annually for people with a history of heavy smoking, or have quit within the past 15 years and are between 55 and 80 years old		Talk to your healthcare provider about potential screening methods, including low-dose computed tomography, or a CT scan.	
Osteoporosis screening				
Bone density test (women only)	As directed by your healthcare provider, depending on your risk	Periodically, as directed by your healthcare provider	You may need to be screened more often after a bone fracture or if you're at a high risk for osteoporosis. If you're a man at a high risk for osteoporosis, talk to your healthcare provider about whether or not you need to be screened.	
Vision screening				
Comprehensive eye exam	Every 2–4 years	Every 1–2 years	Your vision screening should test for glaucoma and macular degeneration, two common, often age-related, conditions.	
Immunizations				
Influenza (flu)	Annually		The flu vaccine is often given in the fall or winter to coincide with the beginning of flu season.	
Pneumonia	Once after age 65, even if already vaccinated		Two vaccines help prevent pneumonia: PCV13 and PPSV23. It is recommended that you get PCV13 first, followed by a dose of PPSV23 at another visit.	

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Shingles	Once for people age 60 and older; if you're under age 60, discuss benefits and risks with your healthcare provider		You should get the shingles vaccine even if you have already gotten shingles.	
Tdap	One dose with a TD booster every 10 years		This vaccine protects against tetanus, diphtheria and pertussis.	

References

¹Office of Disease Prevention and Health Promotion (ODPHP)

www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Clinical-Preventive-Services

²U.S. Preventive Services Taskforce

www.uspreventiveservicestaskforce.org/BrowseRec/Index

³Centers for Disease Control and Prevention

www.cdc.gov/vaccines/schedules/easy-to-read/adult.html

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