

ROUTINE PHYSICAL

FEMALES:	MALES:
Annually beginning at age 20	20 to 40 years: every 3 to 5 years
	Annually beginning at age 40

DENTAL ASSESSMENTS

Every 6 months

BLOOD PRESSURE

Begin at age 20
 Minimum every 2 years
 Annually if higher than 120/80

BODY MASS INDEX (BMI)

Begin at age 20
 Each health care visit

BLOOD CHOLESTEROL

Begin at age 20
 Minimum every 5 years (if no risk factors)

BLOOD GLUCOSE

Begin at age 45
 Minimum every 3 years

COLORECTAL SCREENING

Begin at age 50
 Fecal occult blood annually
 Flexible sigmoidoscopy every 5 years OR colonoscopy every 10 years OR double contrast barium enema every 5 years OR CT colonography every 5 years
 Frequency can increase based upon results

PAP TEST

For females
 Begin at age 21
 Every 3 years

CLINICAL BREAST EXAM

For females
 Begin at age 20
 Every 3 years
 Annually 40+

MAMMOGRAM

For females
 Begin at age 40
 Annually

PROSTATE SPECIFIC ANTIGEN TEST & DRE

For males
 Annual digital rectal exam (DRE) and prostate specific antigen (PSA) blood test

TESTICULAR EXAM

For males
 Begin at age 15
 Monthly testicular self-exam
 Clinical testicular exam at each routine visit

