

Screening	Who should be screened?	How often?
Physical exam	All ages	At least every year
Hypertension	Age 18+	At least every year
Cholesterol	Age 18+ If your initial test results were abnormal, or if you're at higher risk of heart disease	Every 5 years As directed per your doctor
Colonoscopy	Age 45+	Colonoscopy every 10 years or fecal blood test every year or Cologuard every 3 years Ask your doctor which test is best for you
Glucose/Blood sugar screening for diabetes	Age 45+	Every 3 years
Mammogram	Women age 45 and up who are at average risk for breast cancer	Every year for women age 45 to 54; every 2 years for those age 55 and up
Pap test	Women age 21-65	Every 3 years
HPV and Pap test	Women age 30-65	Every 5 years (or just Pap test every 3 years)
Prostate	Men: discuss with your doctor	Men: discuss with your doctor