### RECOMMENDATIONS FOR ROUTINE PREVENTIVE CARE

**THERE ARE SPECIFIC PREVENTIVE CARE RECOMMENDATIONS FOR DIFFERENT STAGES IN YOUR LIFE.**

These recommendations are intended for healthy people and may be modified depending on your personal or family health history.

Discuss your individual needs with your healthcare provider.

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**AGE 18-39**

- **CHOLESTEROL** – Every five years
- **BREAST EXAM** – Every three years, beginning at age 20
- **PAP SMEAR** – Start screening at age 21. Women up to age 30 should get screening every three years. Women age 30 or older with normal PAP and negative HPV should have a PAP test and a HPV every five years.
- **TOBACCO USE** – If you are using tobacco, talk to your healthcare provider about how to stop.

**VACCINATIONS**

- **INFLUENZA** – Yearly
- **TETANUS BOOSTER** – Every 10 years
- **HEPATITIS B** – Three-dose series
  - All adults not previously immunized
- **HUMAN PAPILLOMA VIRUS (HPV)** – Three-dose series age 9-26
- **MENINGOCOCCAL (MENINGITIS)**
  - All young adults not previously immunized
  - All age 11-18
- **PERTUSSIS BOOSTER** – One dose for all adults not previously immunized

**AGE 40-64**

- **CHOLESTEROL** – Every five years
- **BREAST EXAM** – Yearly
- **MAMMOGRAM** – Screening every one to two years starting at age 50; ages 40 to 49 at provider discretion
- **PAP SMEAR** – Women age 30 or greater with normal PAP and negative HPV should have a PAP test and an HPV every five years.
- **TOBACCO USE** – If you are using tobacco, talk to your healthcare provider about how to stop.

**VACCINATIONS**

- **INFLUENZA** – Yearly
- **PNEUMOCOCCAL** – One PCV13 dose (if not previously given)
- **TETANUS BOOSTER** – Every 10 years
- **HEPATITIS B** – Three-dose series
  - All adults not previously immunized
- **HERPES ZOSTER (SHINGLES)** – One dose for adults over the age of 60
- **PERTUSSIS BOOSTER** – One dose for all adults not previously immunized

**AGE 65 AND OLDER**

- **CHOLESTEROL** – Every five years
- **BREAST EXAM** – Yearly
- **MAMMOGRAM** – Screening every one to two years starting at age 50
- **PAP SMEAR** – Women age 30 or greater with normal PAP and negative HPV should have a PAP test and an HPV every five years.
- **TOBACCO USE** – If you are using tobacco, talk to your healthcare provider about how to stop.

**VACCINATIONS**

- **INFLUENZA** – Yearly
- **PNEUMOCOCCAL** – One PCV13 dose (if not previously given)
  - One PCV23 dose (if not previously given) 6-12 months after PCV13
  - Second PCV23 dose needed if first dose was given before age 65 (if five years since first dose)
- **TETANUS BOOSTER** – Every 10 years
- **HEPATITIS B** – Three-dose series
  - All adults not previously immunized
- **HERPES ZOSTER (SHINGLES)** – One dose for adults over the age of 60

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Preventive care is one kind of care you get when you meet with a healthcare provider. Its purpose is keeping you healthy and stopping sickness before it starts. Preventive care includes health education based on your risk factors and helps you get the right screening tests and immunizations.