

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 that can help you be happier and healthier.

Review the chart below to see which preventive care screenings may be recommended for you. Talk with your doctor about which screenings are right for you based on your age, health history, and personal needs.

Note: The screening recommendations below are for people at normal risk. Always work with your healthcare provider to decide what's best for you based on your family history and other risk factors.

Annual Wellness Visit (AWV)

Adults aged 65 and older are eligible for a yearly preventive visit, often referred to as an Annual Wellness Visit. During this appointment, your doctor can help you create a personalized prevention plan to help prevent disease and disability based on your current health and risk factors. You can also talk about diet and exercise, how to reduce your risk for falls and your emotional health.²

Heart health screenings

These common checks help you and your healthcare provider understand your heart health.³

Screening	Who may need it	How often
Abdominal aortic aneurysm (AAA)	Men aged 65–75 who have ever smoked.	Once in a lifetime.
Blood pressure	Most adults aged 18 and older.	Once per year, or more often if directed by your healthcare provider.
Cholesterol	Most adults aged 18 and older.	Usually every 4 to 6 years, or more often if at risk.
Diabetes	Adults aged 40–70 who are overweight or obese.	Once every 3 years; you may need more testing if you have diabetes.

Cancer screenings

Cancer screenings can help find cancer early, when treatment may work better.³

Screening	Who may need it	How often
Breast cancer	Women aged 40–74. After age 75, ask your healthcare provider.	Mammogram once every 2 years. Note: Women with dense breast tissue may need additional testing.
Lung cancer	Adults aged 50 to 80 years with a heavy smoking history and currently smoke or have quit within the past 15 years.	Once per year.

Screening	Who may need it	How often
Colorectal cancer	Most adults aged 18 and older, beginning at age 45. After age 75, ask your healthcare provider.	Colorectal cancer screening can be done in different ways, including tests you complete at home and tests done by a doctor. Your doctor can help you choose the screening option that makes the most sense for you. Common screening options include: • Every year: Fecal immunochemical test (FIT stool test) • Every 3 years: Cologuard® stool test • Every 5 years: CT colonography or flexible sigmoidoscopy • Every 10 years: Colonoscopy Note: You do not need all of these screenings. These are different options. Talk with your doctor about which test is right for you and how often you should be screened.
Cervical cancer	Women aged 21-65. After age 65 or if you have had a hysterectomy, ask your healthcare provider.	Cervical cancer screening can be done in different ways. Your doctor can help you choose the screening option that makes the most sense for you. Common screening options include: • Every 3 years: Pap test only • Every 5 years: High-risk HPV test only • Every 5 years: Pap test and high-risk HPV test together
Prostate cancer	Men aged 55–69 should talk to their healthcare provider about the benefits and risks of being screened.	Ask your healthcare provider if you should be screened and how often.

Other screenings

These tests help your healthcare provider learn about specific physical and emotional problems.³

Screening	Who may need it	How often
Bone density test for osteoporosis	Women aged 65 and older or women at an increased risk of osteoporosis.	As directed by your healthcare provider.
Kidney disease test	Adults aged 65 and older or younger adults with diabetes, high blood pressure, or other risk factors.	As directed by your healthcare provider.

Screening	Who may need it	How often
Depression and/or anxiety screening	Most adults aged 18 and older.	As directed by your healthcare provider.
Vision exam	Most adults aged 18 and older, especially those with vision problems, diabetes, or other risk factors.	As directed by your healthcare provider.
Hearing test	Adults aged 65 and older, or those with hearing concerns.	As directed by your healthcare provider.
Dental exam	Most adults aged 18 and older.	Every 6 to 12 months, or as directed by your dentist.

Important immunizations

Vaccines are an important part of prevention. Below is a general list; ask your healthcare provider which vaccines you need based on your age and health history.⁴

Vaccine	Who may need it	How often
Influenza (flu)	Adults aged 18 and older.	Once per flu season, which usually begins in the fall.
Pneumonia	Adults age 50 and older should ask their healthcare provider if it is needed. Some adults may need it earlier.	There are two pneumonia vaccines: PCV13 (Pneumococcal Conjugate Vaccine 13) and PPSV23 (Pneumococcal Polysaccharide Vaccine 23). It is recommended you get PCV13 first, followed by a dose of PPSV23 at another visit. Note: Some adults may need more than one dose.
Shingles	Healthy adults aged 50 and older, even those who have already had shingles.	Once in two doses separated by 2–6 months.
Tdap	Adults aged 18 and older.	One dose with a tetanus, diphtheria and pertussis (Tdap) booster every 10 years.
Covid-19	Adults aged 18 and older, especially older adults or those at a high-risk for severe illness.	Doses needed depend on age and type of vaccine administered. Ask your healthcare provider how many you need.

Next steps

Now that you've reviewed these preventive screenings, take the next step by discussing them with your healthcare provider.

Remember: Staying up to date on recommended screenings can support early detection and better long-term health.

Questions for your doctor about preventive screenings

Write down any questions you have about preventive screenings. Bring this list to your appointment so you can discuss them with your healthcare provider.

Sources

1. "Are You Up to Date on Your Preventive Care?," Centers for Disease Control and Prevention, last accessed July 14, 2026, <https://www.cdc.gov/chronic-disease/prevention/preventive-care.html>.
2. "Yearly 'Wellness' visits," U.S. Centers for Medicare and Medicaid Services, last accessed July 14, 2026, <https://www.medicare.gov/coverage/yearly-wellness-visits>.
3. "Recommendation Topics", U.S. Preventive Services Task Force, last accessed July 14, 2026, <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics>.
4. "Adult Immunization Schedule by Age (Addendum updated July 2, 2025)," Centers for Disease Control and Prevention, last accessed July 14, 2026, <https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html>.

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