

Health Screening Guide



AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early – the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here is a handy guide of important medical tests and screenings.

| Screenings | 20s & 30s | 40s | 50s | 60s |
|--|-----------|-----|-----|-----|
| Blood Pressure Screening | ● | ● | ● | ● |
| BMI Screening (Height & Weight) | ● | ● | ● | ● |
| Intimate Partner Violence Screening | ● | ● | ● | ● |
| Depression & Anxiety Screening (PHQ9 & GAD7) | ● | ● | ● | ● |
| Drug, Alcohol & Tobacco Screening | ● | ● | ● | ● |
| Labs | | | | |
| - Lipid Panel | ● | ● | ● | ● |
| - STI Screening | ● | ● | ● | ● |
| - Glucose Screening | | ● | ● | ● |
| Vaccines | | | | |
| - Flu | ● | ● | ● | ● |
| - Tetanus | ● | ● | ● | ● |
| - HPV | ● | | | |
| - COVID-19 | ● | ● | ● | ● |
| - Shingles | | | ● | ● |
| - Pneumonia | | | | ● |
| Colon Cancer Screening (Recommended at 45 years old) | | ● | ● | ● |
| Lung Cancer Screening (Recommended for adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years) | | | ● | ● |
| Cervical Cancer Screening | ● | ● | ● | ● |
| BRCA 1 & 2 Genetic Counseling/Testing (Based on personal and family history) | ● | | | |
| Mammogram | | ● | ● | ● |
| Bone Density Testing (Recommended at 65 years old or sooner based on risk) | | | | ● |
| Prostate Cancer Screening (Based on risk and patient preference) | | ● | ● | ● |
| AAA Screening (One time for men age 65-75 who are current or former smokers) | | | | ● |

● Women ● Men ● Both Women & Men

heb.com/wellness/primary-care
855-803-WELL (9355)

Disclaimer: This is an approximate timeline and does not represent a complete list of possible health screenings. The age and frequency of screenings may change based on your personal health risks and family history. Talk to your doctor to determine which medical tests are right for you.

