

Many diseases such as cancer, heart disease and diabetes are more easily treated when they are detected early. Routinely getting health screenings is the best way to find certain diseases during their earliest stages, many times before you feel any symptoms.

Your doctor will know what health screenings are appropriate for you, but medical experts have determined a regular schedule of screenings that are important to prioritize for your whole health.

These screenings can find diseases early and might save your life.

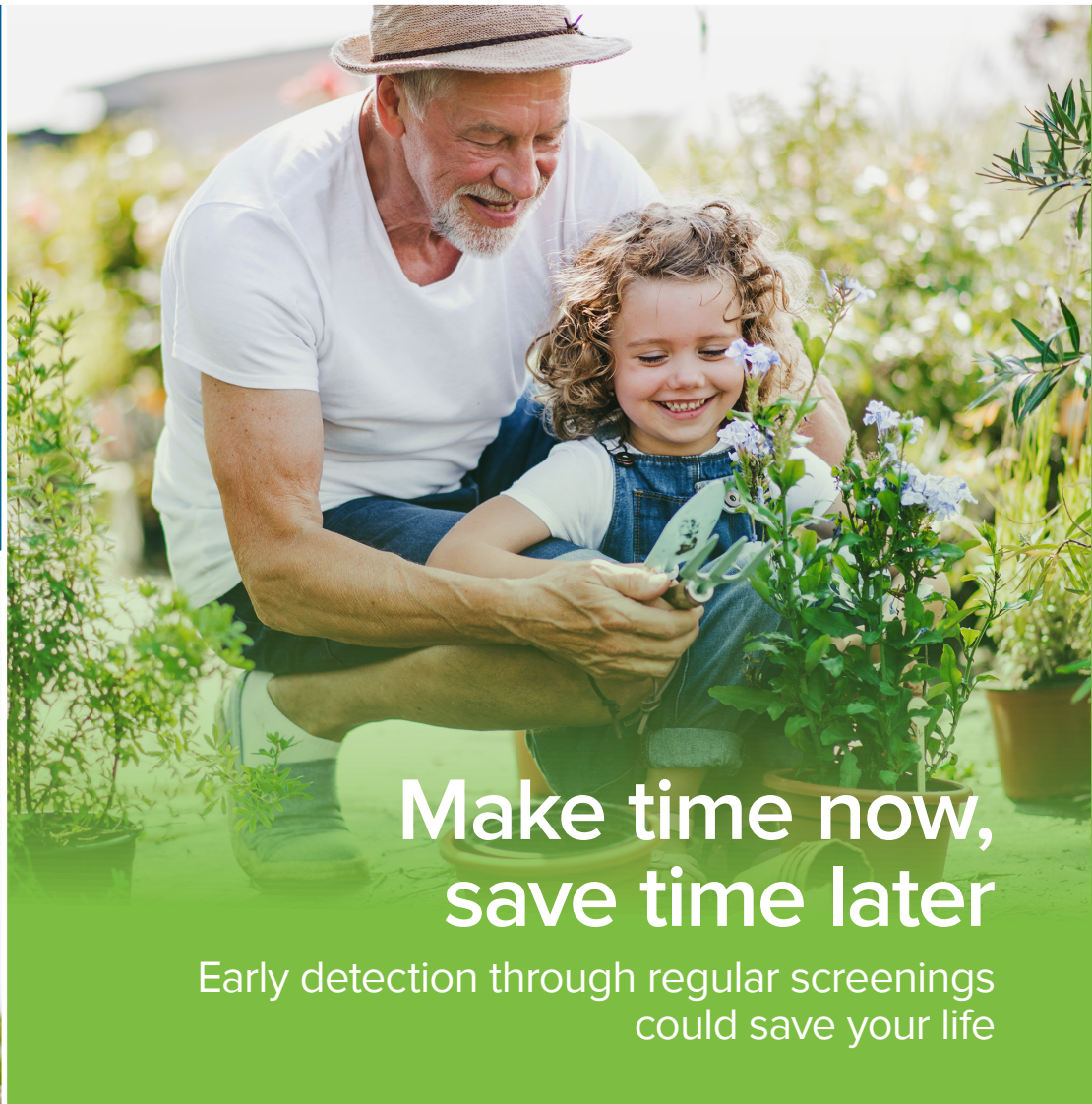
For more information about medical tests or health screenings or to find a physician

📞 1-855-303-3627

🌐 [AdventHealthTampa.com](https://www.AdventHealthTampa.com)



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Make Your Health a Priority

Regular health screenings could save your life



You are incredible. Make yourself a priority.

Your day revolves around your family and their schedules, but have you taken time lately to focus on you? Taking care of yourself as a priority enables you to provide love, support and care to all those who depend on you. Take time to work on your whole health and teach those closest to you to do the same.

When you take good care of your body, it will continue to take good care of you, today and well into the future. Self-care such as regular check-ups and screenings, protect your healthy lifestyle and help to catch warning signs before a condition develops or worsens. The earlier a condition is caught, the easier it is to treat.

Here is a list of medical tests and health screenings that are recommended throughout your life. Please note that testing may vary based on individuals, symptoms, family history and diagnosis.



IN YOUR
20s

Everyone

- ☐ Complete Physical – Every 2 years
- ☐ Eye Exam – Baseline exam once
- ☐ Blood Pressure Screening – Every 2 years
- ☐ Blood Cholesterol Screening – Every 5 years
- ☐ Dental Exam – Every 6 months
- ☐ Hepatitis C Screening – At least once in a lifetime after age 18

Women

- ☐ Well Woman Exam – Every year
- ☐ Pelvic Exam – Every year
- ☐ Pap Test – Every 3 years
- ☐ HPV Test – Every 5 years starting at age 25

Men

- ☐ Well Male Exam – Every year



IN YOUR
30s

Everyone

- ☐ Complete Physical – Every 2 years
- ☐ Eye Exam – Every 5 years
- ☐ Blood Pressure Screening – Every 2 years
- ☐ Blood Cholesterol Screening – Every 5 years
- ☐ Dental Exam – Every 6 months
- ☐ Hepatitis C Screening – At least once in a lifetime after age 18
- ☐ Blood Glucose Test – Every 5 years
- ☐ Hearing Exam – Every 10 years

Women

- ☐ Well Woman Exam – Every year
- ☐ Pelvic Exam – Every year
- ☐ Pap Test – Every 3 years
- ☐ HPV Test – Every 5 years

Men

- ☐ Well Male Exam – Every year



IN YOUR
40s

Everyone

- ☐ Complete Physical – Every 2 years
- ☐ Eye Exam – Every 2 years
- ☐ Blood Pressure Screening – Every year
- ☐ Blood Cholesterol Screening – Every 5 years
- ☐ Dental Exam – Every 6 months
- ☐ Hepatitis C Screening – At least once in a lifetime after age 18
- ☐ Blood Glucose Test – Every 5 years
- ☐ Hearing Exam – Every 10 years

Women

- ☐ Well Woman Exam – Every year
- ☐ Pelvic Exam – Every year
- ☐ Pap Test – Every 3 years
- ☐ HPV Test – Every 5 years
- ☐ Screening Mammogram – Every year

Men

- ☐ Well Male Exam – Every year



IN YOUR
50s

Everyone

- ☐ Complete Physical – Every 2 years
- ☐ Eye Exam – Every 2 years
- ☐ Blood Pressure Screening – Every year
- ☐ Blood Cholesterol Screening – Every year
- ☐ Dental Exam – Every 6 months
- ☐ Hepatitis C Screening – At least once in a lifetime after age 18
- ☐ Blood Glucose Test – Every 3 years
- ☐ Hearing Exam – Every 3 years
- ☐ Fecal Occult Blood Test – Every year
- ☐ Colon Screening – Colonoscopy every 10 years *or* Sigmoidoscopy every 5 years *or* CT Colonography every 5 years
- ☐ Shingles Vaccination
- ☐ Low-Dose Lung Cancer Screening – Once after age 55 for people with a history of smoking

Women

- ☐ Well Woman Exam – Every year
- ☐ Pelvic Exam – Once a year
- ☐ Pap Test – Every 3 years
- ☐ HPV Test – Every 5 years
- ☐ Screening Mammogram – Once a year until age 55, then every 2 years

Men

- ☐ Well Male Exam – Every year
- ☐ Prostate Screening – On doctor's recommendation beginning at age 55



IN YOUR
60s and older

Everyone

- ☐ Complete Physical – Every 2 years
- ☐ Eye Exam – Every 2 years
- ☐ Blood Pressure Screening – Every year
- ☐ Blood Cholesterol Screening – Every year
- ☐ Dental Exam – Every 6 months
- ☐ Hepatitis C Screening – At least once in a lifetime after age 18
- ☐ Blood Glucose Test – Every 3 years
- ☐ Hearing Exam – Every 3 years
- ☐ Fecal Occult Blood Test – Every year
- ☐ Colon Screening – Colonoscopy every 10 years *or* Sigmoidoscopy every 5 years *or* CT Colonography every 5 years
- ☐ Shingles Vaccination
- ☐ Low-Dose Lung Cancer Screening – Once after age 55 for people with a history of smoking
- ☐ Pneumococcal Vaccine – After age 65

Women

- ☐ Well Woman Exam – Every year
- ☐ Pelvic Exam – Every year
- ☐ Pap Test – Every 3 years until age 65
- ☐ HPV Test – Every 5 years until age 65
- ☐ Screening Mammogram – Every 2 years
- ☐ Bone Density Screening – Every 2 years beginning at age 65

Men

- ☐ Well Male Exam – Every year
- ☐ Prostate Screening – On doctor's recommendation
- ☐ Bone Density Screening – Every 2 years beginning at age 70
- ☐ Abdominal Aortic Aneurysm – Once after age 65 in men who have ever smoked

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Note: The information provided here is for information purposes only and is intended as a guide for people with low to average risk for certain diseases. Talk to your health care provider about the screenings that are right for you.

Sources: U.S. Preventative Task Force; Centers For Disease Control and Prevention; U.S. National Institutes of Health