

# SCREEN TIME THAT IS NOT ONLY ENCOURAGED — IT'S ESSENTIAL.

## Important health screenings for the entire family

There's no better medicine than prevention. Staying current on important screenings can maximize your health and detect problems sooner, when they're easiest to treat. Providers may recommend varied screening schedules or frequency based on each patient's needs. **Take your health in the right direction by scheduling important preventative screenings by calling (123) 456-7890.**

### ADULT SCREENINGS

#### Each year at your physical:

- Height and weight
- Blood pressure
- Flu shot and other vaccinations needed/recommended
- Behavioral health/depression screening
- Sexually Transmitted Infections (STIs), if at risk

#### Ages 18 to 49:

- Cholesterol check, starting in your 20s and annually after age 35, unless otherwise recommended by your provider
- Skin cancer screening
- **Women**
  - Pelvic exam
  - Exam for breast lumps
  - Pap smear every 3 to 5 years, starting at age 21

#### Ages 50 to 64:

- Cholesterol check
- Skin cancer screening
- Colon cancer screening starting at age 50\*
- Blood sugar check for diabetes/pre-diabetes
- Shingles vaccination
- **Women**
  - Mammogram
- **Men**
  - Prostate screening\*

#### Age 65 and over:

- Cholesterol check
- Skin cancer screening
- Blood sugar check for diabetes/pre-diabetes
- Colon cancer screening, unless otherwise directed by your provider
- Pneumococcal and shingles vaccinations
- **Women**
  - Mammogram
  - Bone density study every 2 to 5 years
- **Men**
  - Prostate screening\*

\*The American Cancer Society recommends screenings start at age 45. Check your insurance plan first; some do not cover colorectal cancer screenings before age 50.

### CHILD SCREENINGS

#### Development:

Your child's behavioral and social development is evaluated as he or she grows.

#### Height and weight:

Both are tracked annually to determine if your child's body mass index (BMI) is within a healthy range.

#### Mental health:

Providers screen for anxiety, depression and other signs mental health distress.

#### Eyesight:

Infants as young as nine months may be screened for vision problems.

#### Hemoglobin:

Administered to younger children, this test monitors blood hemoglobin to make sure your child is getting adequate iron.

#### Lead:

Lead exposure is particularly dangerous for children and could adversely impact their IQ or lead to poisoning and death.

#### Dental:

Teeth are indicators of health. Your provider will examine your child's teeth for warning signs of poor health.

#### Safety Risks:

Providers discuss home safety risks with you and your child. Do you live near water or have a pool? Are there medications, tobacco or firearms around the house? He or she will also ask about car seat, seatbelt and helmet use.



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HEALTH

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