

# Health screenings suggested for you

You can take steps now to stay healthy and independent. We're here to help you complete these recommended health screenings:

	Screening	When should you have it done? What is it for?	Date and time of appointment
<b>Everyone</b>	Bone density	Ask your doctor when to have it. X-ray test for bone strength. Important for women who've broken a bone in the last 6 months.	___/___/___ ____:____
	Colorectal cancer screening	Colonoscopy: every 10 years OR Stool screening test: every year. Have a family member with colon cancer? Ask your doctor if you need to be screened.	___/___/___ ____:____
	Diabetes screening	Every three years. More often if you have medical problems that raise your chances of having diabetes.	___/___/___ ____:____
	Flu shot (influenza vaccine)	Every year. It helps keep you safe from the flu.	___/___/___ ____:____
	Heart and blood vessel health checkup	Talk with your doctor about what you can do to lower your chances of heart attack or stroke.	___/___/___ ____:____
	Other vaccines (pneumonia, shingles, COVID-19)	Ask your doctor.	___/___/___ ____:____
	Wellness visit	Every year, create or update your personalized care plan. Includes physical exam, BMI, blood pressure, cholesterol, medicines and health advice.	___/___/___ ____:____
<b>Women</b>	Breast cancer screening	Mammogram: at least every two years	___/___/___ ____:____
	Cervical cancer screening	PAP: Every three years Ask your doctor about the right screening for you.	___/___/___ ____:____
<b>Men</b>	Prostate exam	Talk to your doctor about your prostate health.	___/___/___ ____:____

Schedule your visit now. Ask your doctor what screenings or tests are right for you.



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