

# Health Screening Guide

TEST	AGE 40-50	AGE 50-74
Physical Exam	Every 1 to 2 years	
Blood Pressure	Every year	
Vision/Glaucoma Screening	Every 1 to 2 years	
FIT (stool test for colon cancer)	Talk to Dr.	Every year
or Colonoscopy	Talk to Dr.	Every 10 yrs.
Cholesterol Blood Test	Every 5 years	
Diabetes Screening	Every 3 yrs. or as advised	
Dental Checkup	Every year	

## WOMEN

PAP Test (for cervical cancer)	Every 3 years	
or PAP+HPV Test	Every 5 years	
Breast Exam (for cancer)	Every year	

## MEN

Prostate Exam (for cancer)	Talk to your Doctor	
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Immunizations are a vital part of healthcare. Vaccines help prevent and lessen serious health issues and contagious diseases such as

## COVID-19, influenza, and RSV.

Consult a healthcare provider for specific information about screenings and vaccines that you may need. The above chart is a general guideline only.



To find the Accordia Health location nearest you

Accordia Health is a Federally Qualified Health Center and an FTCA deemed facility. We accept all public health insurance programs, including Medicare plans. This practice serves all patients regardless of their ability to pay. A sliding fee discount program is available for those who qualify.