

RETHINKING Annual Physicals as PREVENTATIVE Health Visits

We've learned through research that healthy people do not require a full annual physical with the same tests every year. A better approach is a targeted, preventative health visit, focused on an individual's unique risk factors and family history.

TARGETED SCREENING GUIDELINES*

Age 25+

Cervical cancer screening with HPV test every 5 years if sexually active.

Age 40+

Screening for diabetes, high blood pressure, and high cholesterol. Routine breast cancer screening with mammogram every 2 years.

Age 45+

Routine colon cancer screening with FIT every 2 years or colonoscopy every 10 years.

Age 55+

Routine lung cancer screening with 20 years smoking history.

Age 65+

Abdominal aortic aneurysm screening.

Age 70+

Routine osteoporosis screening with bone density.

Publicly-funded immunizations

Annual flu shot
Shingles vaccine 65-70
Pneumonia vaccine 65+
Tetanus booster every 10 years
Adult RSV 75+

Let's work together on improving your physical and mental health. Book a visit today!

- Screening Guideline recommendations are for average risk patients. Speak to your health care provider to assess your risk.