Health Maintenance Guidelines for Adults

Please Note
The following guidelines apply to healthy adults in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician’s experience.

You and your physician should work together to develop a specific preventive health screening plan for you.

Some tests and vaccinations may not be covered by Medicare or by your health insurance plan, so it’s important to check on your specific coverage before obtaining them.

Adult Screening Guidelines

Breast Cancer Screening
Mammography
For women ages 40 and over
Frequency – Annually

Physician Breast Exam
For women ages 40 and over
Frequency – Annually

Breast Self-Exams (after instruction)
For women ages 20 and over
Frequency – Monthly

Cervical Cancer Screening
Pap Smear/Human Papilloma Virus (HPV) Testing
For women ages 21 to 65, or starting 3 years after the onset of sexual activity
Frequency – Annual Pap test without HPV test up to age 30; Pap test with HPV test every 3 years after age 30

Screening Colonoscopy
Frequency – Every 10 years (preferred), OR

Flexible Sigmoidoscopy
Frequency – Every 5 years, with high sensitivity stool occult blood testing every 3 years

Diabetes Screening
Fasting Plasma Glucose (preferred) or Random Plasma Glucose
For men and women ages 45 and over
Frequency – Every 3 years

Cholesterol Screening
Lipid Panel, including LDL
For all men and women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk
Frequency – Every 5 years, or more frequently based on results and risk profile

Colorectal Cancer Screening
For men and women ages 50 to 75 (in certain situations, it also may be advisable from ages 75 to 85)

Flexible Sigmoidoscopy
Frequency – Every 5 years, with high sensitivity stool occult blood testing every 3 years

To make an appointment at Cleveland Clinic’s main campus or any neighborhood family health center, please call 800.890.2467. For more healthy living information, visit us on the Web at clevelandclinic.org/BeWell.
Hypertension Screening

Blood Pressure Measurement
For all men and women, regardless of age
*Frequency – Every 1-2 years*

Osteoporosis Screening

DXA (bone-density testing)
For women ages 65 and over, or starting at menopause if additional risk factors exist
*Frequency – Baseline testing, with follow-up interval based on test results*

Prostate Cancer Screening

Digital rectal exam (DRE) and prostate specific antigen (PSA) test/discussion with physician
For men 50 and over (starting at age 40 for African-Americans)
*Frequency – Annually*

Sexually Transmitted Disease Screening

Chlamydia testing
For sexually active females under age 25 or for those at risk (your physician can advise you on your risk)
*Frequency – Annually, with Pap test*

Adult Immunization Guidelines

Human Papilloma Virus (HPV) Vaccine (Gardasil—for Cervical Cancer)
For all females between ages 11 and 26
*Frequency – One series of 3 vaccines*

Influenza (Flu) Vaccine
For high-risk adults of any age with diabetes or heart, lung, kidney or immune disease
*Frequency – Annually*
For all adults ages 50 and over
*Frequency – Annually*
For any adult desiring immunization, regardless of age
*Frequency – Annually*

Diphtheria/Tetanus/Pertussis Vaccine
For men and women ages 19 to 64
*Frequency – One time in place of the Diphtheria/Tetanus Booster*

Diphtheria/Tetanus Vaccine
For men and women up to age 65
*Frequency – Every 10 years*
For men and women 65 or over
*Frequency – Single vaccination only*

Varicella Zoster Vaccine (for Shingles)
For adults ages 60 and older
*Frequency – Single vaccination; no revaccination required*

Pneumococcal Vaccine (for Pneumonia)
For adults ages 65 and over who are at average risk
*Frequency – Initial vaccination; no revaccination required*
For high-risk adults of any age with diabetes, cancer, or heart, lung, or immune disease
*Frequency – Initial vaccination, with single revaccination 5 years later*

Other vaccines that you may need:

- Hepatitis A
- Hepatitis B
- Meningococcal (Meningitis)