

Preventive Screening Checklist Ages 40s-50s

For informational purposes only. Not medical advice. Screening recommendations vary by individual health history and risk factors. Consult your physician for personalized guidance. Guidelines from the U.S. Preventive Services Task Force ([uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org)), Mayo Clinic ([mayoclinic.org](https://www.mayoclinic.org)), the CDC ([cdc.gov](https://www.cdc.gov)), and American Cancer Society ([cancer.org](https://www.cancer.org)).

EVERYONE	
	Date/Location
☐ Annual wellness visit Yearly visit with your primary care doctor to review health history and confirm which screenings you're due for	
☐ Blood pressure Annually for all	
☐ Cholesterol More frequent monitoring with risk factors	
☐ Colorectal cancer screening Starting at 45. Colonoscopy, FIT, or Cologuard; discuss options with your doctor	
☐ Diabetes screening Adults 35-70 with overweight or obesity (BMI 25+); discuss with your doctor if at risk	
☐ Vision Annually; presbyopia & glaucoma risk increase	
☐ Hearing Baseline test at 45+	
☐ Dental cleanings Every 6 months	
☐ Skin cancer screening Based on risk factors, discuss with your dermatologist	
☐ Hepatitis C One-time test for adults 18-79; periodic retesting if ongoing risk factors	
☐ Mental health screening Depression & anxiety at annual physical	
☐ STI screening Based on lifestyle & risk factors	

VACCINES	
	Date/Location
☐ Flu vaccine Annually for all, ideally before the end of October	
☐ Shingles vaccine (Shingrix) Two doses, 2-6 months apart, for adults 50+; also recommended at 19+ if immunocompromised	
☐ Tdap / Td booster Tdap once if not previously received, then a Td booster every 10 years	
☐ COVID-19 vaccine Annual updated formula available; current guidance is shared decision-making with your doctor	
☐ Pneumococcal vaccine Single dose for adults 50+ who haven't had one before; discuss follow-up doses with your doctor	

WOMEN	MEN
Date/Location	Date/Location
☐ Pap smear Every 3 yrs, or every 5 yrs with HPV co-test	☐ Testosterone levels If experiencing fatigue, low libido, or depression
☐ Mammogram Starting at 40; discuss frequency with your doctor	☐ Heart disease risk assessment Men develop CVD ~10 yrs earlier than women
☐ Breast self-awareness Monthly; clinical breast exam at annual visit	☐ Prostate cancer (PSA) discussion Not necessary for all men. Discuss pros/cons and risk factors with your doctor
☐ Perimenopause assessment Discuss with your doctor. There is no single test or symptom used for diagnosis.	