



# LIST for Adults Age 40-64 Years

Date	Exam	40-49 every 2-3 years	50-64 Annually	Wellness Range	My Score	Out of Range
	Blood Pressure	every 2 years		< 120/80 mmHg		
	Blood Cholesterol	every 5 years		< 200 mg/dL Total		
	Diabetes blood glucose	every 3 years at 45 or if BP is 135/80		fasting <100 mg/dl		
	Immunizations	flu shot yearly				
	Colorectal Cancer	consider at age 50				
	Oral Exam	yearly				
<b>WOMEN</b>	Pelvic Exam Pap Test Endometrial Biopsy	every 1-3 years				
	Breast exam:  Clinical Exam Mammography	every year				
<b>MEN</b>	Prostate Exam: TSE Self-Exam PSA	consider at age 45				
	Skin Exam	yearly				
	Urinalysis					
	Depression	if symptomatic				
	Bone Density	if indicated				
	Sensory Loss: Vision Hearing	if indicated				
	Weight Management	each routine visit		BMI 18.5-24.9		
	Electrocardiogram	if indicated				

American College of Physicians  
American Academy of Family Practice

US Preventive Services Task Force, 1996  
American Medical Association

American Cancer Society  
Nat'l Cholesterol Education Program

**PROVIDER COMMENTS:** \_\_\_\_\_

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