



LIST for Adults Age 65 Years and Older

Date	Exam	65 and older	Wellness Range	My Score	Out of Range
	Complete Physical Exam	annually			
	Blood Pressure	every year	< 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 pneumococcal once			
	Colorectal	if indicated			
	Oral Exam	yearly			
WOMEN	Pelvic Exam Pap Test Endometrial Biopsy	every 1-3 years			
	Breast exam: Clinical Exam Mammography	1-2 years and if indicated over 75			
MEN	Prostate Exam: TSE Self-Exam PSA	discuss with physician			
	Skin Exam	yearly			
	Urinalysis				
	Depression	if symptomatic			
	Bone Density	recommended			
	Sensory Loss: Vision	annually			
	Hearing				
	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: _____
