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When Should I Get This? | Benefit or Service | What Type of Provider Do I See For This?
---|---|---
3-5 days old | Wellness Exam | Primary Care Provider
1, 2, 4, 6, 9 months old | Wellness Exam; also includes screenings for:  
- Vision: By age 2 weeks with additional screening by 6 months  
- Hearing: Before 1 month  
- Lead between 9-12 months  
- Anemia (iron) between 9-12 months | Primary Care Provider
12 months | Wellness Exam; also includes screenings for:  
- Lead and Anemia (iron) |  
15 months | Wellness Exam |  
18 months | Wellness Exam; also includes autism screening |  
24 months | Wellness Exam; also includes lead screening and autism screening |  
30 months | Wellness Exam |  
3 years to 10 years old (every year) | Wellness Exam; also includes screenings for:  
- Hearing  
- Vision test  
- Blood Pressure  
- Lead at 3 years old | Primary Care Provider
11-17 years old | Wellness Exam; also includes vision exam and screenings for:  
- Blood Pressure and cholesterol if not screened previously  
- Sexually Transmitted Infections and assess sexual history beginning at age 11  
- Anemia in non-pregnant females every 5-10 years starting at age 12  
- Hepatitis C*  
- HIV: Once between the ages of 16 and 18 OR the CDC recommends screening for ages 13+ | Primary Care Provider or OB/GYN

*For those at high risk

Immunization Schedule for **Children 0-18**: [click here] - Immunization Schedule for **Adults 19+**: [click here]

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### When Should I Get This?

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<td><strong>Primary Care Provider</strong></td>
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<td>18-21 Wellness Exam annually; also includes screenings for:</td>
<td>For a list of the type of providers that can function as a PCP, <a href="#">click here</a>.</td>
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<td>• Growth, developmental and oral health through the age of 21</td>
<td>Breast Cancer/Cervical Cancer screening: Primary Care Provider or OB/GYN</td>
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<td>• Blood pressure and cholesterol</td>
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<td>• HIV: Age 18 and annually*</td>
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<tr>
<td>• Cervical Cancer: Starting at age 21 (females) – Pap test every 3 years</td>
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</tr>
<tr>
<td>• Breast Cancer: Clinical breast exam for females at all visits</td>
<td></td>
</tr>
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<td>• Behavioral health issues, personal safety including violence at home, alcohol, tobacco and substance use</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>• Colorectal Cancer**</td>
<td></td>
</tr>
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<td>• Skin Cancer: At all visits inspect skin and moles; counseling on sun exposure and risks</td>
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*For those at high risk

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<td>Immunization Schedule for Adults 19+: <a href="#">click here</a></td>
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### 22-49 Wellness Exam
- HIV: Annually*
- Cervical Cancer: Pap test every 3 years for females ages 21-29; ages 30+ pap test every 3 years or pap test with HPV screening every 5 years
- Breast Cancer: Clinical breast exam for females at all visits
- Prostate Cancer: Offered for men ages 45-49. Recommended at age 40 for African American men*
- Behavioral health issues, personal safety including violence at home, alcohol, tobacco and substance use
- Sexually transmitted diseases if sexually active
- Nutrition, physical activity and obesity
- Colorectal Cancer**
- Skin Cancer: At all visits inspect skin and moles; counseling on sun exposure and risks
- Hepatitis B: For those that have not received a vaccine for it*
- Hepatitis C*
- Tuberculosis*
- Vision: Ages: 40-54 - For those without vision concerns eye exams are recommended every 2-4 years
- Diabetes: Beginning at age 45: Every 3 years; should be more often and begin at an earlier age*

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### Immunization Schedule for Adults 19+

- **HIV: Annually**
- **Cervical Cancer: Women Ages 30+ pap test every 3 years or pap test with HPV screening every 5 years**
- **Breast Cancer: Clinical breast exam for women at all visits; and mammogram every 2 years (or more frequently based on risk factors) beginning at age 50**
- **Colorectal Cancer**
- **Skin Cancer: At all visits inspect skin and moles; counseling on sun exposure and risks**
- **Hepatitis B: For those that have not received a vaccine for it**
- **Hepatitis C**
- **Tuberculosis**
- **Osteoporosis (bone loss): Ages 50+; bone density testing at age 65 if not previously tested**
- **Dementia (decline in mental ability): Ages 50+**
- **Vision: For those without vision concerns eye exams are recommended every 1-3 years. For ages: 65+ eye exams are recommended every 1-2 years**
- **Diabetes: Every 3 years; screening should be more often for those at high risk**
- **Lung Cancer: Ages: 55-80, screening is recommended for those with a 30 pack years smoking history (e.g. 1 pack a day for 30 years or 2 packs a day for 15 years), those who have quit smoking within the past 15 years, and those who currently smoke**
- **Prostate Cancer: Offered for men ages 50-69 years old. This is recommended earlier for African American men or those with a brother or father diagnosed with prostate cancer before age 65**

These screenings are based on recommendations from:

- U.S. Preventive Services Task Force [https://www.uspreventiveservicestaskforce.org/Page/Name/recommendations](https://www.uspreventiveservicestaskforce.org/Page/Name/recommendations)
- Centers for Disease Control and Prevention (CDC) [http://www.cdc.gov](http://www.cdc.gov)

*For those at high risk

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Español (Spanish):
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.859.9889 (TTY: 711).

Português (Portuguese):

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