

PHYSICAL EXAMS 26-39 YEARS 40-49 YEARS 50-65 YEARS 65+ YEARS

 EXECUTIVE PHYSICAL	Every 5 years	Every 2-3 years	Every 1-2 years	Every 1-2 years
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PCP PHYSICAL

Blood Pressure	Annually	Annually	Annually	Annually
Height / Weight / BMI	Annually	Annually	Annually	Annually
Body Composition / Nutrition Counseling	Annually	Annually	Annually	Annually
Fitness Assessment	Every 2-3 years	Every 2-3 years	Every 1-2 years	Every 1-2 years

COMPREHENSIVE LAB PROFILES

Lipoprotein Panel (Cholesterol with Triglycerides)	Annually for men 35 years and older, or as indicated by risk	Annually for women 45 years and older, or as indicated by risk	Annually or as medically indicated	
Fasting Glucose		Screen overweight or obese adults age 40-70		
Hepatitis C Screening HIV Screening	At least once in the lifetime of adults over age 18 or as indicated by risk			

HEART HEALTH SCREENINGS

Resting EKG			Every 4 years or as determined by physician	
Stress Test			Every 4 years or as determined by physician	
Coronary Artery Calcium Score		Age 40-70 in men Age 45-70 in women	Repeat in 5 years if initial screen is 0 (zero)	
Vascular Screening			Baseline at age 50; repeat in 5 years if normal or as medically indicated	
Ultrasound for Abdominal Aortic Aneurysm				One time, if previous smoker

LUNG HEALTH SCREENINGS

Chest X-ray		If no CT scan performed	Repeat as medically indicated	
Chest CT scan			Age 55-74 with 30 smoking pack years	Annually if undertaken previously or as medically indicated
Spirometry	As indicated	As indicated	Smokers only	Smokers only

CANCER SCREENINGS

Thyroid, Mouth, Skin, Ovaries and Lymph Nodes	Every 5 years	Every 2-3 years	Every 1-2 years	Every 1-2 years
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COLORECTAL CANCER SCREENINGS

Colonoscopy			Every 3-10 years or as medically indicated	
Cologuard			Baseline at age 50; then every 3 years	Every 3 years
Fecal Occult Test			Annually	Annually

PHYSICAL EXAMS

26-39 YEARS

40-49 YEARS

50-65 YEARS

65+ YEARS

MENTAL HEALTH SCREENINGS

Depression	With each exam	With each exam	With each exam	With each exam
Alcohol, Smoking, Drug Use	With each exam	With each exam	With each exam	With each exam

WOMEN'S HEALTH SCREENINGS

Clinical Breast Exam	Every 1-3 years	Every 1-2 years	Annually	Annually
Mammogram	Age 25; if family history	Baseline at age 45; every 1-2 years, as indicated	Annually	Annually
Pelvic Exam: Cervical (Pap) Test	Every 3 years until age 30; then every 5 years with cytology and HPV testing			
Bone Density			Baseline at age 50; every 5 years if normal; every 3 yrs if abnormal	Every 5 years if normal; every 3 yrs if abnormal

MEN'S HEALTH SCREENINGS

PSA Blood Test		Annually starting at age 45	Annually	Annually
Testosterone		Every 2-3 years	Annually	Annually

DENTAL EXAM AND CLEANING

Annually

Annually

Annually

Annually

EYE AND VISION EXAM

Annually

Annually

Annually

Annually

These are general guidelines compiled from medical literature and apply to those individuals who do NOT have symptoms of disease or illness. Please consult with your physician about the appropriate frequency of examinations and tests based upon your personal and family medical histories.

IMMUNIZATIONS

19-49 YEARS

50-64 YEARS

65+ YEARS

VACCINES

Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough)	Booster every 10 years	Booster every 10 years	Booster every 10 years
MMR (Measles, Mumps, Rubella)	1-2 Doses		
Varicella (Chickenpox)	2 Doses		
Meningococcal	1-2 Doses for 1st year college students in dorms		
HPV	3 Doses before age 24		
Influenza	Annually	Annually	Annually
COVID-19	Annually	Annually	Annually
Pneumococcal			1 Dose
Zoster (Shingles)		1st dose at age 50 or after; 2nd dose within 2-6 months	

This information is for guidance only; please discuss your past vaccine history and your need for future vaccines with your physician.

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