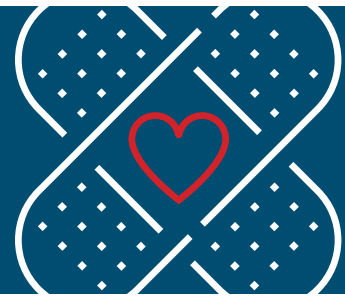


# Stay One Step Ahead with Screenings and Vaccinations



If you haven't already, schedule your appointment for your annual check-up. This is the best way to stay up-to-date on screenings and vaccinations. Your healthcare provider will recommend screenings based on your age, sex assigned at birth and health history.

## Schedule a Wellness Check-up

To schedule an appointment with your primary care provider, or to establish with one of ours, visit [saintagnescare.com/primary-care](https://saintagnescare.com/primary-care).

Screening Recommendations* by Age	20	25	30	35	40	45	50	55	60	65	70	75	80
Depression													
Hypertension													
Obesity	If obese (BMI 30 or greater)												
Diabetes				If overweight or obese									
Colorectal Cancer													
Breast Cancer													
Cervical Cancer													
Osteoporosis													

**Color code:** The green recommendations apply regardless of gender. The yellow recommendations apply only to women.

**Note:** Patients 90 or older should consult their healthcare provider on recommended preventative and chronic disease services.

Source: American Academy of Family Practitioners (AAFP) and the US Preventive Services Task Force (USPSTF)

\* This is a sampling of screenings recommended by the AAFP and the USPSTF for all adults 18 and over. The AAFP and USPSTF recommend additional screenings based on current health, health history or social practices. Please talk to your doctor about the screenings that are right for you. There are different recommendations for children.

Vaccine**	19-26 years	27-49 years	50-64 years	65 and older
Influenza	1 dose every year			
Tetanus, diphtheria, pertussis	1 dose Tdap***, then Td**** or Tdap booster every 10 years			
COVID-19	Receive the vaccine as recommended by the CDC			
Zoster (shingles)			2 doses	
Pneumococcal polysaccharide				1 dose
Human papillomavirus	2 or 3 doses depending on age at initial vaccination			

\*\*This is a sampling of recommended vaccines by the Centers for Disease Control and Prevention (CDC) for all adults. The CDC recommends additional vaccines based on current health and health history. Please talk to your doctor about the vaccinations that are right for you.

\*\*\*Tetanus, Diphtheria & Acellular Pertussis

\*\*\*\*Tetanus/Diphtheria



**Saint Agnes**

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