

# Let Preventive Care be your key to good health

## We help you remember

Download the [My Doctor Online](#) app to receive due date reminders for immunizations and other preventive services.



You can also sign on to see what's due at [kp.org/mydoctor/whatsdue](http://kp.org/mydoctor/whatsdue).

**Follow your doctor's vaccine recommendations.**

### **Pneumococcal** Ages 65+

Get vaccinated once. If you have a high-risk condition, talk to your doctor about getting a second dose.

### **Shingles** Ages 50+

- Get 2 doses over a 6-month period.
- Talk to your doctor about the risks and benefits.

### **Influenza (flu)** Everyone (Ages 6+ months old)

Get a flu shot every year.



### **Tdap (tetanus, diphtheria, and pertussis)** Ages 18–64

- Get vaccinated once.
- Get a booster if you're pregnant or spend time with a baby.

### **Human papillomavirus (HPV)** Ages 18–26

Get 3 doses over a 6-month period.

# Follow the recommended screenings for your age.

## Ages 18–39

**Blood pressure:** Screen every 3–5 years if you have no risk factors. Screen more often if you're at higher risk.

**Body mass index (BMI):** Ask your doctor about your BMI. Discuss weight management options.

**Cervical cancer (women 21–65):** Screen every 3 years.

**Chlamydia, HIV, and STIs (18–24):** Get a yearly chlamydia test if you're sexually active. Get tested once, and repeat if you have unprotected sex or may be at high risk.

**Cholesterol:** Get a nonfasting lipid panel at age 20 or at your first Kaiser Permanente visit.

**Diabetes:** Consider screening every 3 years if you have a BMI greater than 25 and other risk factors.

**Hepatitis B:** Screen if you or your parents were born in a country with a high rate of hepatitis B, or if you're high risk.

**Hepatitis C:** Get tested once and repeat if you have ongoing risk.

- These recommendations are for generally healthy people. If you have an ongoing health problem, special health needs or risks, or if certain conditions run in your family, your prevention plan may be different. The above recommendations are current as of June 2020.
- This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

## Ages 40–64

**Blood pressure (40+ or at increased risk):** Screen yearly.

**Body mass index (BMI):** Ask your doctor about your BMI. Discuss weight management options.

**Breast cancer:**

- **50–74:** Get a mammogram every 1–2 years.
- **40–49:** Talk to your doctor about the risks and benefits of screening based on your personal and family history.

**Cervical cancer (women 21–65):** Screen every 3 years.

**Cholesterol (40–79):** Screen at least every 5 years if you don't have risk factors. Screen more often if your cholesterol is above normal.

**Colorectal cancer:**

- **50–75:** Screen using the home FIT kit test every year or colonoscopy every 10 years.
- Speak to your doctor about screening earlier if you have a family history of colon cancer or a history of advanced polyps.

**Diabetes:** Consider screening every 3 years, or more often if you have risk factors, like BMI over 25.

**Hepatitis B:** Screen if you or your parents were born in a country with a high rate of hepatitis B, or if you're at high risk.

**Hepatitis C:** Get tested once and repeat if you have ongoing risk.

**HIV:** Get tested once and repeat if you've had unprotected sex or other behaviors that put you at risk.

**Prostate cancer:**

- **45–49:** Talk to your doctor about screening benefits and risks if you're high risk (African American men and those with a family history of prostate cancer).
- **50–69:** Talk to your doctor about screening benefits and risks.

**STIs:** Screen if you've had unprotected sex or may be at high risk.

## Ages 65+

**Abdominal aortic aneurysm (men):** Screen if you've ever smoked.

**Blood pressure (40+ or at increased risk):** Screen yearly.

**Body mass index (BMI):** Ask your doctor about your BMI. Discuss weight management options.

**Bone mineral density test (65+ for women and 70+ for men):** Ask about a bone mineral density test.

**Breast cancer:**

- **50–74:** Get a mammogram every 1–2 years.
- **75+:** Talk to your doctor about the risks and benefits of screening based on your prior history, family history, and personal preferences.

**Cholesterol (40–79):** Screen at least every 5 years if you don't have risk factors. Screen more often if your cholesterol is above normal.

**Colorectal cancer:**

- **50–75:** Screen using the home FIT kit test every year or colonoscopy every 10 years.
- Talk to your doctor about screening earlier if you have a family history of colon cancer or a history of advanced polyps.

**Diabetes:** Consider screening every 3 years or more often if you have risk factors, like BMI over 25.

**Hepatitis B:** Screen if you or your parents were born in a country with a high rate of hepatitis B or if you're high risk.

**Hepatitis C:** Get tested once and repeat if you have ongoing risk.

**HIV:** Get tested if you've had unprotected sex or other behaviors that put you at risk.

**Prostate cancer (men 65–69):** Talk to your doctor about screening benefits and risks.

**STIs:** Screen if you've had unprotected sex or may be at high risk.