

Be happy. Stay healthy.

Important Dates to Remember



Immunizations and screenings are easy to forget, yet they are a vital part of leading a healthy life. We hope this handy card with important health maintenance reminders will be helpful to you and your family.



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Health Maintenance for Adults

Women

Cervical Cancer Screening (Pap Smear): Every 1-3 years. (May differ depending on your situation; consult your provider.)

Dates: _____

Breast Cancer Screening: Regular breast self-exams. Mammograms yearly or every other year, beginning at age 40 or 50. (Consult your provider.)

Dates: _____

Osteoporosis Screening: DXA scan once after age 65 or if high risk. (Consult your provider.)

Date: _____

Men

Prostate Cancer Screening: Discuss with your provider.

Abdominal Aneurysm Screening: Ultrasound once between ages 65 and 75 if a history of smoking.

Women and Men

Colon Cancer Screening: *Preferred method*—Colonoscopy every 10 years, beginning at age 50. *Other acceptable methods*—Fecal occult blood test every year AND flexible sigmoidoscopy every 5 years.

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Cholesterol Testing: Beginning at age 20, every 1-5 years; yearly, beginning at age 40.

Dates: _____

Diabetes Screening: Yearly, beginning at age 40. (Consult your provider.)

Dates: _____

Immunizations:

- Tetanus and diphtheria booster (Td) every 10 years. Once between ages 19 and 65, substitute Tdap (tetanus, diphtheria, pertussis) for Td booster. Not recommended after 65.

Dates: _____

- Flu shot every year.

Dates: _____

- Zoster (shingles) vaccine once at age 60 or above.

Date: _____

- Pneumococcal (Pneumovax) vaccine at age 65 (earlier if recommended by your provider).

Date: _____

Health Maintenance for Children

Newborn and well-child exams include a variety of health and development screenings, as well as immunizations to keep your kids healthy. We recommend visits at the following ages:

- 2-3 days after discharge
- 12 months
- 14 days
- 15 months
- 2 months
- 18 months
- 4 months
- 2 years
- 6 months
- Annually after 2 years
- 9 months

Immunization Schedule

Hepatitis B:	Birth, 1-4 mo, 6-9 mo
Diphtheria, Tetanus, Pertussis (DTaP):	2 mo, 4 mo, 6 mo, 15-18 mo, 4-6 yrs
Haemophilus Influenzae Type B (Hib):	2 mo, 4 mo, 6 mo, 12-15 mo
Polio (IPV):	2 mo, 4 mo, 6-18 mo, 4-6 yrs
Pneumococcal (Prevnar):	2 mo, 4 mo, 6 mo, 12-15 mo
Rotavirus:	2 mo, 4 mo, 6 mo
Measles/Mumps/Rubella (MMR):	12-15 mo, 4-6 yrs
Chicken Pox (Varicella):	12-18 mo, 4-6 yrs
Hepatitis A:	2 doses 6 mo apart after the first birthday
Influenza:	Yearly
Human Papillomavirus (HPV, Gardasil):	9-26 yrs, 3-shot series
Meningitis (Menactra):	11-18 yrs
Tetanus, Diphtheria, Pertussis (Tdap):	11-12 yrs
Anemia and lead screening	12 mo

Notes

A Place to Keep Track of Your Health and Exams

Make notes here about your family's check-up schedules, immunizations and medications, and file in a special place.

Notes

Medications

List all of the medications you're currently taking and indicate which are prescribed.
