

## Health Tracker List

### In your 20s and 30s:

- **Primary care physician (PCP).** Get an annual checkup, including a blood pressure check and bloodwork, from an internal medicine physician or a family medicine physician. Your doctor will know if you are due for any vaccinations, including a tetanus booster or chickenpox vaccine. Make a calendar note each fall to get a flu shot. Get the COVID-19 vaccine if you haven't already.
- **Women: Gynecologist.** Your annual exam should include a Pap test, HPV test, pelvic exam, clinical breast exam, and, if you have a new sex partner, screenings for sexually transmitted infections (STIs). If you have more than one sexual partner, it might make sense to have a Pap test and STI test every six months.
- **Women: Obstetrician.** Talk with your provider if you plan to or are trying to conceive.
- **Dermatologist.** Make an annual appointment for a full-body skin check, especially if you're fair-skinned or have a family history of skin cancer.
- **Eye doctor.** The American Academy of Ophthalmology recommends that adults with healthy vision should have a complete exam by an ophthalmologist once in their 20s, twice in their 30s, and then get a complete eye examination at age 40.
- **Dentist.** The American Dental Association recommends dental cleanings/check-ups once or twice a year.

### In your 40s, add:

- **Women: Mammogram.** This annual screening can detect breast cancer in its early stages when it's most treatable. Ask your gynecologist whether you have dense breasts and should get a 3D mammogram.
- **Men: Annual rectal exam/PSA blood test** from your primary care doctor to screen for prostate cancer.
- **Gastroenterologist: Colonoscopy.** This important screening can detect early signs of colorectal cancer and remove polyps and tumors. Work with your PCP to identify a gastroenterologist, a doctor with special training in colonoscopies. Adults should begin regular colorectal cancer screenings at age 45-75. Adults age 76-85 should ask their

doctor if they should be screened. If your colonoscopy shows no signs of cancer, you can usually wait 10 years before getting another one.

**In your 50s, add:**

- **Lung screening.** An annual lung cancer screening low-dose computed tomography (LDCT) is recommended for adults between the ages of 50 and 80 with a 20 pack-year smoking history (smoking a pack of cigarettes a day for 20 years, or two packs a day for 10 years) and currently smoke or former smokers who quit within the past 15 years.
- **Shingles Vaccines.** Make a calendar note to get the Shingles vaccine with exception of those who have never had chickenpox.

**In your 60s, add:**

- **Osteoporosis screening.** Women age 65 or older (and younger women at increased risk) should ask their doctor if they need a bone density scan.
- **Audiology screening.** Around the age of **65** is a good time to get your hearing checked if you haven't done so yet.
- **Pneumonia Vaccine** at the age 65.

**Other:**

Chiropractor, if you have back issues or long-standing hip issues

Nutritionist or Podiatrist, as part of a healthy lifestyle goal

Pelvic floor physical therapist, if having some mild leakage of urine or discomfort with sex

Dermatologist

**Vaccines:**

Flu shot annually

Tetanus Booster - every 10 years

*Content adopted from [eehealth.org](http://eehealth.org)*