

**Get Screened:** Take charge of your health. Take charge of your life.

This table shares **2018** information about **how often to get the following tests** based on your sex and age group. Guidelines for blood sugar are from American Diabetes Association (ADA) Standards of Medical Care in Diabetes. All other recommendations are from the United States Preventive Services Task Force (USPSTF).

Please turn this over ↩ to learn more about **recommended screenings for everyone**.

For more information about recommended screenings, visit [www.SafeAndHealthyMe.alaska.gov](http://www.SafeAndHealthyMe.alaska.gov).



Recommended health screenings	How often by age group				
	20-39	40-49	50-59	60-64	65 or older
<b>Cholesterol (fats in your blood)</b>	Start at age 25 if high risk. Repeat every 3 years.	Every 5 years, starting at age 35.			
		Start at age 35 if high risk. Repeat every 3 years.	Every 5 years, starting at age 45.		
<b>Heart Disease (Should you take aspirin?)</b>	<b>KEY</b> Men Women	Talk with your provider at least every 5 years, ages 50-69.			
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<b>Breast Cancer (Mammogram)</b>		Ages 40-49, talk with your provider.	Every 2 years, ages 50-74.		
<b>Cervical Cancer (Pap smear)</b>	Every 3 years, ages 21-35.	Every 3 years, ages 36-65. If you have a negative human papillomavirus (HPV) test, it could be every 5 years.			Over age 65, talk with your provider.

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There are tests that help **determine your risk** for heart disease, stroke, diabetes, cancer and injuries. Everyone can reduce their chances of getting these diseases or getting hurt. The following table shares **2018** information about how often to get these tests based on your age.



Please turn this over to learn more about **recommended screenings for men and women.**

Recommended health screenings	How often by age group				
	20-39	40-49	50-59	60-64	65 or older
<b>Tobacco Use</b>	Every health care visit.				
<b>Weight</b>	Every year.				
<b>Blood Pressure</b>	Ages 18-39: every 3-5 years with BP <120/80 and no risk factors. Check yearly if BP ≥120/80, overweight/obese, African American, or have diabetes. Over age 39, check yearly.				
<b>Blood Sugar/ Glucose (diabetes/ prediabetes)</b>	Start at age 18 if you are overweight/obese and have additional risk factors (e.g. not white, had a baby weighing more than 9 pounds at birth, family history). If normal, repeat at least every 3 years through age 44.		Starting at age 45, every 3 years, but more often if you are overweight or obese, you have high blood pressure or are taking medication for high blood pressure, you exercise fewer than 3 times a week, and/or there are changes in your risk status.		
<b>Colon Cancer</b>	Start at age 40 if you are Alaska Native or high risk.		Start at age 50 if you are not high risk. There are several possible tests, each with different recommendations. Talk with your provider about which is best for you.		
<b>Preventing Slips and Falls</b>	<div data-bbox="630 850 877 985" data-label="Complex-Block"> <p><b>KEY</b>   Everyone</p> </div>				Every year, starting at age 65.