

We know you're busy, but it's important to schedule an annual physical for your own preventive care. Your primary care physician can review your overall health to ensure that screenings, vaccinations and basic health issues are addressed and refer you to specialists when needed.



Age		Health Screenings for Men and Women*
18-49	50+	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Physical Exam: Every 1 to 5 years depending on risk factors
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Blood Pressure: Every health contact or at least every 2 years
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Cholesterol and HDL Test: Baseline at age 20; every 5 years, if normal
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Tetanus Immunization Booster: Every 10 years
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Influenza Vaccine: Annually
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Pneumococcal Vaccine: At age 65, or younger if at high risk
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Skin Exam: Every 3 years
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Rectal Exam: Annually over age 40
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Stool Check for Blood (Stool Occult Blood): Annually
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Colonoscopy: Every 10 years or Sigmoidoscopy: Every 3 to 5 years
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hearing Test: Every 10 years; every 3 years after age 50
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Eye Exam: Every 2 to 4 years
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Women: Pap and Pelvic Exam: Annually
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Women: Clinical Breast Exam: Annually over age 18
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Women: Mammogram: Baseline at age 40; annually after age 40
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Men: Prostate Exam: Annually
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Men: PSA (Prostate Specific Antigen) Lab Test: Annually

**Your doctor may recommend different screening guidelines based on your risk factors.*

A complete physical is one of the best forms of preventive medicine. Certain screenings and tests are recommended by age, gender and health level and provide a baseline for your health status.

Schedule an appointment with your primary care physician today!

**For health questions, call Billings Clinic HealthLine
24 hours: (406) 255-8400 or 1-800-252-1246**