

# Preventive care for every age



**No matter your age, stay on top of your preventive care with regular visits to your primary care provider and these tests, immunizations and screenings\*.** If you have a family history of cancer or other conditions, talk to your primary care provider. They can help you understand your risks, when to begin screenings and how often you will need them.

## Age 18-39

- ☐ Blood pressure, cholesterol and diabetes screenings
- ☐ Human Papilloma Virus (HPV) vaccine - most effective before age 26
- ☐ Flu vaccine
- ☐ **Women only** - Pap smear starting at age 21

## Age 40-49

- ☐ Blood pressure, cholesterol and diabetes screenings
- ☐ Colorectal cancer screenings/colonoscopies - starting at age 45
- ☐ Depression and anxiety screenings
- ☐ **Women only** - Mammograms starting at age 40

## Age 50-64

- ☐ Blood pressure, cholesterol and diabetes screenings
- ☐ Colorectal cancer screenings/colonoscopies
- ☐ Shingles, pneumonia and flu vaccines

## Age 65+

- ☐ Osteoporosis screenings
- ☐ Fall prevention counseling
- ☐ Talk to your provider about annual Respiratory Syncytial Virus (RSV), COVID-19 booster, pneumonia and flu vaccines

 Learn more about preventive care at [Wellmark.com/PreventiveCare](https://www.wellmark.com/PreventiveCare).

\*This is not an exhaustive list of preventive services. Talk to your provider about what preventive care you may need based on your health history and risk.

Sources: MedlinePlus, 2025; Northwestern Medicine, 2025; CDC, 2025

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