### Wellness Check
- Check blood pressure, screen for healthy weight and assess overall health.

#### Screening Tests
- **HIV**
- **Hepatitis C**: Check once between ages 18 to 79.
- **Obesity**: Monitor periodically throughout adulthood.
- **Blood Pressure**: Check every 3 to 5 years (annual if risk factors).

#### Immunizations
- **Influenza (Flu)**: Yearly flu vaccine.
- **Varicella (Chickenpox)**: A vaccine for adults born in 1980 or later.

#### Age
- **Two-month series of vaccines can be given as early as 6 weeks.**
- **Immunizations**
  - **Human Papillomavirus (HPV)**: Ages 11 to 14 should receive a two-dose series.
  - **Meningococcal Conjugate**:
    - **Ages 11 to 12**: Adults younger than age 18 should have received one dose.
  - **Tdap/Td**:
    - **Tetanus, Diphtheria and Pertussis (Tdap)**: Adults younger than age 18 should have received one dose.
  - **Varicella (Chickenpox)**: Adults younger than age 18 should have received one dose.
  - **Mumps, Measles and Rubella**:
    - **Mumps**: Adults younger than age 18 should have received one dose.

#### Annual Topics
- **Blood Pressure**: Check annually.
- **Diabetes**: Discuss with your provider; screen every three years if overweight or obese.

### Ages 18 to 39
- **Human Papillomavirus (HPV)**: Ages 11 to 14 should receive a two-dose series or ages 15 to 26 should receive a three-dose series.
- **Immunizations**
  - **Varicella (Chickenpox)**: A vaccine for adults born in 1980 or later.

### Ages 40 to 49
- **Meningococcal B Vaccine**: 
  - **Adults 18 to 39**: Ages 18 to 39.
  - **Ages 40 to 54**: Ages 40 to 54.
  - **Ages 55 and Older**: Ages 55 and older.

### Ages 50 to 74
- **Hepatitisatitis C**: Check once between ages 18 to 79.
- **Obesity**: Monitor periodically throughout adulthood.

### Ages 75 and Older
- **Blood Pressure**: Check annually.

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### Wellness Check
- Check blood pressure, screen for healthy weight and assess overall health.

#### Screening Tests
- **HIV**
- **Hepatitis C**: Check once between ages 18 to 79.
- **Obesity**: Monitor periodically throughout adulthood.
- **Blood Pressure**: Check every 3 to 5 years (annual if risk factors).

#### Immunizations
- **Influenza (Flu)**: Yearly flu vaccine.
- **Varicella (Chickenpox)**: A vaccine for adults born in 1980 or later.

#### Age
- **Two-month series of vaccines can be given as early as 6 weeks.**
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    - **Ages 11 to 12**: Adults younger than age 18 should have received one dose.
  - **Tdap/Td**:
    - **Tetanus, Diphtheria and Pertussis (Tdap)**: Adults younger than age 18 should have received one dose.
  - **Varicella (Chickenpox)**: Adults younger than age 18 should have received one dose.
  - **Mumps, Measles and Rubella**:
    - **Mumps**: Adults younger than age 18 should have received one dose.

#### Annual Topics
- **Blood Pressure**: Check annually.
- **Diabetes**: Discuss with your provider; screen every three years if overweight or obese.

### Individualized/Provider-Provider Shared Decisions
- Meningococcal B Vaccine: Ages 18 to 23.
- HPV Vaccine: Ages 27 to 45.

### Checkups
- **Visits at ages 1, 2, 4, 6, 9, 12, 15 and 18 months.**
- **Annual visits from ages 2 to 17, including a visit at age 12 months.**

### Blood Pressure
- **Check annually age 3+.**

### Screening Tests
- **Vision**: Check at least once between ages 3 to 5.
- **Obesity**: Monitor starting at age 6.

### Chlamydia and Gonorrhea
- **Check yearly for sexually active females ages 15 to 24.**

### HIV
- **Check at age 15 and older, start younger if at risk.**

### Immunizations
- **Meningococcal B Vaccine**: 
  - **Adults 18 to 39**: Ages 18 to 39.
  - **Ages 40 to 54**: Ages 40 to 54.
  - **Ages 55 and Older**: Ages 55 and older.

### Meningococcal Conjugate
- **Ages 11 to 12**: Adults younger than age 18 should have received one dose.
- **Tdap/Td**: Adults younger than age 18 should have received one dose.

### Varicella (Chickenpox)
- **Ages 18 to 39**: Ages 18 to 39.
- **Ages 40 to 54**: Ages 40 to 54.
- **Ages 55 and Older**: Ages 55 and older.

### Tdap/Td
- **(Tetanus, Diphtheria and Pertussis)**: Adults younger than age 18 should have received one dose.
- **Tdap booster every 10 years**: Adults 18 to 39.
- **Tdap booster every 10 years**: Adults ages 76 to 85.

### Visceral (Flu)
- **Yearly flu vaccine.**

### Varicella (Chickenpox)
- **A vaccine for adults born in 1980 or later.**
- **Immunizations**
  - **Meningococcal Conjugate**:
    - **Ages 11 to 12**: Adults younger than age 18 should have received one dose.
  - **Tdap/Td**:
    - **Tetanus, Diphtheria and Pertussis**: Adults younger than age 18 should have received one dose.
  - **Varicella (Chickenpox)**: Adults younger than age 18 should have received one dose.
  - **Mumps, Measles and Rubella**:
    - **Mumps**: Adults younger than age 18 should have received one dose.

### Breast Cancer Screening
- **Mammography every two years.**

### Prostate Cancer Screening
- **Men ages 55 to 69.**

### Zoster (Shingles)
- **Adults ages 50 and older should receive a two-dose vaccine series.**

### Pneumococcal-23 (Pneumovax)
- **Pneumococcal vaccine series begins at age 65.**

### Abdominal Aortic Aneurysm Screening
- **Ages 65 to 75**: Ages 65 to 75.
- **Pneumococcal-13 (Prevnar) Vaccine**: Age 65+.
- **Aortic Aneurysm Screening**:
  - **Ages 76 to 85**: Ages 76 to 85.

### Mammography every two years.

### Prostate Cancer Screening
- **Men ages 55 to 69.**

### Zoster (Shingles)
- **Adults ages 50 and older should receive a two-dose vaccine series.**

### Pneumococcal-23 (Pneumovax)
- **Pneumococcal vaccine series begins at age 65.**

### Abdominal Aortic Aneurysm Screening
- **Ages 65 to 75**: Ages 65 to 75.

### Pneumococcal-13 (Prevnar) Vaccine**: Age 65+.
- **Aortic Aneurysm Screening**:
  - **Ages 76 to 85**: Ages 76 to 85.

### Breast Cancer Screening
- **Mammography every two years.**

### Prostate Cancer Screening
- **Men ages 55 to 69.**

### Zoster (Shingles)
- **Adults ages 50 and older should receive a two-dose vaccine series.**

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- **Pneumococcal vaccine series begins at age 65.**

### Abdominal Aortic Aneurysm Screening
- **Ages 65 to 75**: Ages 65 to 75.

### Pneumococcal-13 (Prevnar) Vaccine**: Age 65+.
- **Aortic Aneurysm Screening**:
  - **Ages 76 to 85**: Ages 76 to 85.

### Breast Cancer Screening
- **Mammography every two years.**

### Prostate Cancer Screening
- **Men ages 55 to 69.**

## Discussion Topics
- **Routine topics to discuss with your provider by age include:**
  - **adults 6+**: skin cancer prevention
  - **adult 11+**: sexually transmitted infections prevention, and tobacco use including vaping electronic cigarettes
  - **adult 12+**: depression and domestic violence
  - **adult 18+**: alcohol and unhealthy drug use
  - **adult 65+**: preventing falls

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