Birth to Age 17

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

Screening Tests
HPV: Check between ages 15–65 and anyone who is pregnant.
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).

Diabetes: Discuss with your provider; screen individuals ages 25–74 with overweight.

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 24 and younger.
HPV at age 15 or older, start if at risk.

Ages 18 to 39

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

Screening Tests
Cholesterol: Check every five years.
HPV check between ages 15–65 and anyone who is pregnant.
Hepatitis C: Check once between ages 18 to 79.
Obesity: Monitor periodically throughout adulthood.

Colon Cancer: Preferred Screening Options: – A fecal immunochemical test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing.
– Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Blood Pressure: Check annually.

Diabetes: Discuss with your provider; screen individuals ages 35–70 who are overweight.

Immunizations
Influenza (Flu): Yearly flu vaccine.
Hepatitis B: Adults ages 18–19, 19–26 and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.
Shingles: All ages: adults age 50 and older and ages 19–49 with immunocompromising conditions should receive a two-dose vaccine series.
Varicella (Chickenpox): A vaccine for adults born in 1980 or later.
HPV (Human Papillomavirus): Ages 15 to 26 should receive a three-dose series.
MMR (Measles, Mumps and Rubella): Adults age 19–39 should have recorded in their chart at least one dose of the vaccine.
Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adolescents younger than age 65 should receive one dose Tdap and then a Tdap booster every 10 years.

Women’s Health
Chlamydia and Gonorrhea: Check yearly for sexually active females ages 24 and younger. Check in women ages 25 and older who have an increased risk for infection.
Cervical Cancer Screening Options: Pap test every three years, age 18 and older, with cervical cytology alone. High risk HPV (HRHPV) alone every 5 years or HRHPV in combination with cytology every 5 years.
HPV: Check between ages 18 to 79: Varying recommendations for cervical cytology alone and HPV (HRHPV) alone every 5 years or HRHPV in combination with cytology every 5 years.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. A Hepatitis B screening is recommended at the first prenatal visit. Talk to your doctor about more steps for a healthy pregnancy.

Individualized/Patient-Provider Shared Decisions
Meningococcal B Vaccine: Ages 16 to 23.

Ages 40 to 49

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

Screening Tests
Cholesterol: Check every five years.
HPV: Check between ages 15–65 and anyone who is pregnant.
Hepatitis C: Check once between ages 18 to 79.
Obesity: Monitor periodically throughout adulthood.
Colon Cancer: Preferred Screening Options: – A fecal immunochemical test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing.
– Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Blood Pressure: Check annually.

Diabetes: Discuss with your provider; screen individuals ages 35–70 who are overweight.

Immunizations
Influenza (Flu): Yearly flu vaccine.
Hepatitis B: All adults ages 18–19, 19–26 and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.
Shingles: All adults age 50 and older should receive a two-dose vaccine series.
Varicella (Chickenpox): A vaccine for adults born in 1980 or later.
HPV (Human Papillomavirus): Ages 15 to 26 should receive a three-dose series.
MMR (Measles, Mumps and Rubella): Adults age 19–39 should have recorded in their chart at least one dose of the vaccine.
Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adolescents younger than age 65 should receive one dose Tdap and then a Tdap booster every 10 years.

Women’s Health
Cervical Cancer: Pap test every three years, age 21 and older, with cervical cytology alone. High risk HPV (HRHPV) alone every 5 years or HRHPV in combination with cytology every 5 years.
HPV: Check between ages 18 to 79: Varying recommendations for cervical cytology alone and HPV (HRHPV) alone every 5 years or HRHPV in combination with cytology every 5 years.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. A Hepatitis B screening is recommended at the first prenatal visit. Talk to your doctor about more steps for a healthy pregnancy.

Individualized/Patient-Provider Shared Decisions
HPV Vaccine: Ages 27 to 45. Breast Cancer Screening: Ages 40 to 49.

Ages 50 to 74

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

Screening Tests
Cholesterol: Check every five years.
HPV: Check between ages 15–65 and anyone who is pregnant.
Hepatitis C: Check once between ages 18 to 79.
Obesity: Monitor periodically throughout adulthood.

Colon Cancer: Preferred Screening Options: – A fecal immunochemical test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing.
– Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Blood Pressure: Check annually.

Diabetes: Discuss with your provider; screen individuals ages 35–70 who are overweight.

Immunizations
Influenza (Flu): Yearly flu vaccine.
Hepatitis B: All adults ages 18–19, 19–26 and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.
Shingles: All adults age 50 and older should receive a two-dose vaccine series.
Varicella (Chickenpox): A vaccine for adults born in 1980 or later.
HPV (Human Papillomavirus): Ages 15 to 26 should receive a three-dose series.
MMR (Measles, Mumps and Rubella): Adults age 19–39 should have recorded in their chart at least one dose of the vaccine.
Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adolescents younger than age 65 should receive one dose Tdap and then a Tdap booster every 10 years.

Women’s Health
Cervical Cancer: Pap test every three years, age 21 and older, with cervical cytology alone. High risk HPV (HRHPV) alone every 5 years or HRHPV in combination with cytology every 5 years.
HPV: Check between ages 18 to 79: Varying recommendations for cervical cytology alone and HPV (HRHPV) alone every 5 years or HRHPV in combination with cytology every 5 years.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. A Hepatitis B screening is recommended at the first prenatal visit. Talk to your doctor about more steps for a healthy pregnancy.

Individualized/Patient-Provider Shared Decisions
Abdominal Aortic Aneurysm Screening: Ages 75 and Older. Breast Cancer Screening: Age 75+.

Ages 75 and Older

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

Screening Tests
Hepatitis C: Check once between ages 18 to 79.
Obesity: Monitor periodically throughout adulthood.
Blood Pressure: Check absolutely.

Colon Cancer: Screen annually for adults age 50–80 years old who have a 20 pack-year smoking history AND currently smoke or have quit in the last 15 years.

Immunizations
Influenza (Flu): Yearly flu vaccine.
Hepatitis B: All adults ages 19–19 and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.
Shingles: Adults age 50 and older should receive a two-dose vaccine series.

Pneumococcal Vaccine series beginning at age 65.

Individualized/Patient-Provider Shared Decisions

Discussion Topics
Routine topics to discuss with your provider by age include:

• age 6+: skin cancer prevention
• age 11+: sexually transmitted infections prevention, and tobacco use—including vaping electronic cigarettes
• age 12+: depression and domestic violence
• age 18+: alcohol and unhealthy drug use
• age 65+: preventing falls

These guidelines may vary for patients with personal or family histories or who take certain medications.

For more information, visit the Preventive Services Task Force (USPSTF) at www.uspreventiveservicestaskforce.org.

We’re here to partner with you in your complete health and wellness. With Sutter Health Plus and the Sutter Health network, you have a complete care team with you. We believe in partnering for your health so you can feel your best. Find out when checkups, screenings and immunizations are generally recommended, then talk to your provider or care team about what’s right for you.