

# Let Preventive Care

be your key to good health

We help you remember

Receive reminders and have due dates for immunizations and preventive services at your fingertips. Learn more at [kp.org/action-plan](http://kp.org/action-plan)



- Get immunization and screening reminders
- Find out your risk level for heart attack or stroke
- Learn more about your recent lab test results
- Preventive Care
- Ongoing health conditions

Follow your doctor's vaccine recommendations

**Pneumococcal**  
Ages 65+

Get vaccinated once.

**Shingles**  
Ages 50+

- Get 2 doses over a 6-month period.
- Talk to your doctor about the risks and benefits.

**Influenza (flu)**  
Everyone  
(6+ months old)

Get a flu shot every year.



**Tdap (tetanus, diphtheria, and pertussis)**

Ages 18–64

- Get vaccinated once.
- Get a booster if you're pregnant or spend time with a baby.

**Human papillomavirus (HPV)**

Ages 18–26

Get 3 doses over a 6-month period.

# Follow the recommended screenings for your age

## Ages 18-39

**Blood pressure:** Screen every 3–5 years if you have no risk factors. Screen more often if you're at higher risk.

**Body mass index (BMI):** Ask your doctor about your BMI. Discuss weight management options.

**Cervical cancer (women 21–65):** Screen every 3 years.

**Chlamydia, HIV, and STDs (18–24):** Get a yearly chlamydia test if you're sexually active. Screen if you've had unprotected sex or may be at risk.

**Cholesterol:** Get a nonfasting lipid panel at age 20 or at your first Kaiser Permanente visit.

**Hepatitis B:** Screen if you or your parents were born in a country with a high rate of hepatitis B.

- These recommendations are for generally healthy people. If you have an ongoing health problem, special health needs or risks, or if certain conditions run in your family, your prevention plan may be different. The above recommendations are current as of March 2018.

- This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

## Ages 40-64

**Blood pressure (40+ or at increased risk):** Screen yearly.

**Body mass index (BMI):** Ask your doctor about your BMI. Discuss weight management options.

**Breast cancer:**

- 50–74: Get a mammogram every 1–2 years.
- 40–49: Talk to your doctor about the risks and benefits.

**Cervical cancer (women 21–65):** Screen every 3 years.

**Cholesterol (40–79):** Screen at least every 5 years if you don't have risk factors. Screen more often if your cholesterol is above normal.

**Colorectal cancer:**

- 50–75: Screen using the home FIT kit test every year or colonoscopy every 10 years.
- Speak to your doctor about screening earlier if you have a family history of colon cancer or a history of advanced polyps.

**Diabetes:** Screen every 3 years. Screen more often if you have risk factors, like BMI over 25.

**Hepatitis B:** Screen if you or your parents were born in a country with a high rate of hepatitis B.

**Hepatitis C:** Screen once if you were born between 1945–65 or might be at risk.

**Prostate cancer (men 50–69):** Talk to your doctor about screening benefits and risks.

## Ages 65+

**Abdominal aortic aneurysm (men):** Screen if you've ever smoked.

**Blood pressure (40+ or at increased risk):** Screen yearly.

**Body mass index (BMI):** Ask your doctor about your BMI. Discuss weight management options.

**Bone mineral density test (65+ for women and 70+ for men):** Ask about a bone mineral density test.

**Breast cancer:**

- 50–74: Get a mammogram every 1–2 years.
- 75+: Talk to your doctor about the risks and benefits.

**Cholesterol (40–79):** Screen at least every 5 years if you don't have risk factors. Screen more often if your cholesterol is above normal.

**Colorectal cancer:**

- 50–75: Screen using the home FIT kit test every year or colonoscopy every 10 years.
- Speak to your doctor about screening earlier if you have a family history of colon cancer or a history of advanced polyps.

**Diabetes:** Screen every 3 years. Screen more often if you have risk factors, like BMI over 25.

**Hepatitis B:** Screen if you or your parents were born in a country with a high rate of hepatitis B.

**Hepatitis C:** Screen once if you were born between 1945–65 or might be at risk.

**Prostate cancer (men 50–69):** Talk to your doctor about screening benefits and risks.