



# Standard Preventive Care Schedule



**Saint Agnes**  
A Member of Trinity Health

**Take charge of your health care by staying current with your wellness visits, screenings and immunizations.**

We offer comprehensive preventive health care for your entire family. With physicians specializing in primary care medicine from pediatrics to geriatrics, we are focused on lifelong care and the overall wellbeing of all our patients.

Health care is not “one size fits all”. Depending on your health and personal risk factors, your preventive care schedule may differ from the standard recommendations. Talk with your physician about a schedule that’s best for you. If you have particular risk factors such as a chronic disease, obesity, or a family history of a disease, additional screenings may be recommended.

	Women			Men		
	Wellness Schedule	Screening Schedule <i>Based on discussion with your Primary Care Physician</i>	Immunization Schedule	Wellness Schedule	Screening Schedule <i>Based on discussion</i>	Immunization Schedule
Advanced Care Planning can be completed at any age. Get started at your next annual wellness visit.						
<b>18 - 21</b>	Wellness visit every year	<ul style="list-style-type: none"> <li>• First Pap Smear starting at age 21</li> </ul>	<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> </ul>	Wellness visit every year		<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> </ul>
<b>22 - 29</b>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Pap Smear</li> </ul>	<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> </ul>	Wellness visit every year		<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> </ul>
<b>30 - 39</b>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Pap Smear</li> <li>• HPV Screening</li> </ul>	<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> </ul>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> </ul>
<b>40 - 49</b>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Pap Smear</li> <li>• HPV Screening</li> <li>• Cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> </ul>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> </ul>
<b>50 - 64</b>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Pap Smear</li> <li>• HPV Screening</li> <li>• Mammogram*</li> <li>• Cholesterol</li> <li>• Colon Cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Flu vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> <li>• Shingles vaccine</li> </ul>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Cholesterol</li> <li>• Colon Cancer</li> <li>• Prostate Cancer</li> </ul>	<ul style="list-style-type: none"> <li>• Flu Vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> <li>• Shingles vaccine</li> </ul>
<b>65+</b>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Medicare Health Risk Assessment</li> <li>• Memory Screening</li> <li>• HPV Screening</li> <li>• Mammogram*</li> <li>• Cholesterol</li> <li>• Colon Cancer</li> <li>• Bone Density</li> <li>• Vision &amp; Hearing</li> </ul>	<ul style="list-style-type: none"> <li>• Flu vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> <li>• Shingles vaccine</li> <li>• Pneumococcal Vaccine</li> </ul>	Wellness visit every year	<ul style="list-style-type: none"> <li>• Medicare Health Risk Assessment</li> <li>• Memory Screening</li> <li>• Cholesterol</li> <li>• Colon Cancer</li> <li>• Prostate Cancer</li> <li>• Vision &amp; Hearing</li> </ul>	<ul style="list-style-type: none"> <li>• Flu vaccine every year</li> <li>• Tetanus-diphtheria every 10 years</li> <li>• Shingles vaccine</li> <li>• Pneumococcal Vaccine</li> </ul>

\* Vaccinations given in the upper arm can cause temporary armpit lymph node enlargement. There is nothing harmful about temporary lymph node enlargement. It’s just one way your immune system might show it is responding. To minimize the chance you will need additional testing, please consider scheduling your mammogram or lung cancer screening CAT scan either prior to your first COVID-19 vaccine or 4 weeks after your second COVID-19 vaccine.