

# Be happy. Stay healthy.

## Important Dates to Remember



Immunizations and screenings are easy to forget, yet they are a vital part of leading a healthy life. We hope this handy card with important health maintenance reminders will be helpful to you and your family.



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# Health Maintenance For Adults

## Women

**Cervical Cancer Screening (Pap Smear):** Every 1-3 years. (May differ depending on your situation, consult your provider).

Dates: \_\_\_\_\_

**Breast Cancer Screening:** Regular breast self-exams. Mammograms yearly, beginning at age 40. (Consult your provider).

Dates: \_\_\_\_\_

**Osteoporosis Screening:** DXA scan once after age 65.

Date: \_\_\_\_\_

## Men

**Prostate Cancer Screening:** Discuss with your provider.

**Abdominal Aneurysm Screening:** Ultrasound once between ages 65 and 75 if a history of smoking.

## Women and Men

**Colon Cancer Screening:** Preferred method—Colonoscopy every 10 years beginning at age 50. Other acceptable methods—Fecal occult blood test every year AND flexible sigmoidoscopy every 5 years.

Date: \_\_\_\_\_ Recommendation: \_\_\_\_\_

Date: \_\_\_\_\_ Recommendation: \_\_\_\_\_

Date: \_\_\_\_\_ Recommendation: \_\_\_\_\_

### **Cholesterol Testing:**

Beginning at age 20, every 1-5 years; yearly, beginning at age 40

Dates: \_\_\_\_\_

### **Immunizations:**

- Tetanus and diphtheria boosters every 10 years.  
Tdap once for those between ages 19 and 65. Not recommended after 65.

Dates: \_\_\_\_\_

- Flu shots every year beginning at age 50 (earlier if recommended by your provider).

Dates: \_\_\_\_\_

- Zoster (Shingles) vaccine once at age 60 or above.

Date: \_\_\_\_\_

- Pneumococcal (Pneumovax) vaccine at age 65 (earlier if recommended by your provider).

Date: \_\_\_\_\_

# Health Maintenance For Children

Well-child exams include immunization updates and a variety of health and development screenings. We recommend visits at the following ages:

- 2-3 days after discharge
- 14 days
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2.5 years (This exam is not covered by all insurers).
- 3 years
- 4 years
- 5 years and every 1-2 yrs thereafter

## Immunization Schedule

Hepatitis B:	Birth, 1-4 mo, 6-9 mo
Diphtheria/Tetanus/ Pertussis (DTaP):	2 mo, 4 mo, 6 mo, 15-18 mo, 4-6 yrs
Haemophilus Influenzae Type B (HIB):	2 mo, 4 mo, 6 mo, 12-15 mo
Polio (IPV):	2 mo, 4 mo, 6-18 mo, 4-6 yrs
Pneumococcal (Pevnar):	2 mo, 4 mo, 6 mo, 12-15 mo
Rotavirus:	2 mo, 4 mo, 6 mo
Measles/Mumps/Rubella (MMR):	12-15 mo, 4-6 yrs
Chicken Pox (Varicella):	12-18 mo, 4-6 yrs
Hepatitis A:	2 doses 6 mo apart after the first birthday
Influenza:	Yearly
Human Papilloma Virus (HPV, Gardasil), females only:	9-26 yrs, 3-shot series
Meningitis (Menactra):	11-18 yrs
Tetanus, Diphtheria, Pertussis (Tdap):	11-12 yrs

## Notes

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# A place to keep track of your health and exams.

Make notes here about your family's check-up schedules, immunizations and medications and file in a special place.

## Notes

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## Medications

List all of the medications you're currently taking and indicate which are prescribed.

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