

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.

Health Maintenance for Adults

Women

Cervical Cancer Screening (Pap Smear): Every 3 years for women age 21–29 and every 5 years for women age 30–64. (May differ depending on your situation; consult your provider.)

Dates: _____

Breast Cancer Screening: Mammograms yearly or every other year, generally beginning at age 45. (Consult your provider for personalized recommendations.)

Dates: _____

Osteoporosis Screening: DXA scan once after age 65 or if high risk. (Consult your provider.)

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*—High-sensitivity Fecal Occult Blood Test (FOBT) every year (and if positive, then colonoscopy) OR (least preferred method) high-sensitivity FOBT every 3 years combined with flexible sigmoidoscopy every 5 years.

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Date: _____ Recommendation: _____

Cholesterol Testing: Beginning at age 20, every 1–5 years.

Dates: _____

Diabetes Screening: Beginning at age 45, every 3 years. (Consult your provider.)

Dates: _____

Immunizations:

- Substitute Tdap (tetanus, diphtheria, pertussis) one time for adults, then tetanus and diphtheria booster (Td) every 10 years.

Dates: _____

- Flu shot every year.

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

Newborn and well-child exams include a variety of health and development screenings, as well as immunizations to keep your kids healthy. We recommend visits at the following ages:

- 2-3 days after discharge
- 12 months
- 14 days
- 15 months
- 2 months
- 18 months
- 4 months
- 2 years
- 6 months
- Annually after 2 years
- 9 months

Immunization Schedule

Hepatitis B:	Birth, 1–4 mo, 6–18 mo
Diphtheria, Tetanus, Pertussis (DTaP):	2 mo, 4 mo, 6 mo, 15–18 mo, 4–6 yrs
Haemophilus Influenzae Type B (Hib):	2 mo, 4mo, 6 mo, 12–15 mo
Polio (IPV):	2mo, 4mo, 6–18 mo, 4–6yrs
Pneumococcal (Prevnar):	2 mo, 4mo, 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):	12–15 mo, 4–6 yrs
Hepatitis A:	2 doses 6 mo apart after the first birthday
Influenza:	Yearly for children 6 mo and older*
Human Papillomavirus (HPV, Gardasil):	9–26 yrs, 2-shot or 3-shot series
Meningitis (Menactra):	First dose 11–12 yrs, second dose 16–17 yrs
Tetanus, Diphtheria, Pertussis (Tdap):	11–12 yrs

*Two doses given at least four weeks apart are recommended for children 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time.

Notes

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

Medications

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

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)