

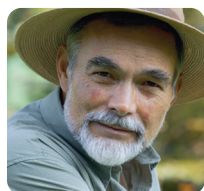
## TAKE CHARGE OF YOUR HEALTH

# Preventive Health Guidelines for Adults

### Stay Healthy for Life

Lifestyle choices impact your overall well-being. You can minimize your risk of disease by eating a healthy diet, staying physically active, maintaining a healthy weight, avoiding tobacco, taking prescribed preventive medicines as directed, and by getting recommended screening tests.

### Your Primary Care Provider— Your Partner in Health



Screening tests can detect diseases early, when they're easy to treat. Your primary care provider is there to help you sort through the risk factors—family history, age, sex, race/ethnicity, personal health habits. Schedule regular check-ups and

discuss your medical history—and any changes in your health—with your doctor. Your primary care provider can recommend appropriate screenings, prescribe preventive medicines or therapies, and refer you to specialists when necessary.

### How to Find a Primary Care Provider

Valley Medical Center manages a neighborhood network of primary care clinics, staffed with board-certified clinicians. Your primary care provider may be a family practitioner, an internist or an obstetrician-gynecologist. If you're looking for a particular type of physician, please visit [valleymed.org/pcp](https://valleymed.org/pcp). We can help match you with a provider who best fits your health needs. Telehealth appointments available.



### Urgent Care—for Immediate Medical Attention

There may be times when you can't wait for a regularly scheduled appointment. Valley Medical Center's urgent care clinics offer walk-in and telehealth virtual appointments and after-hours care for injuries, ailments and services that don't require the attention of an emergency room. And, if you need a family doctor, our urgent care providers can refer you to a primary care provider for follow-up appointments and continued care. Learn more at [valleymed.org/urgent-care](https://valleymed.org/urgent-care).

### Recommended Guidelines

Preventive health management includes screening for diabetes, high blood pressure, heart disease, cancer and a variety of other diseases and conditions. Your primary care provider also evaluates your need for various vaccinations. Use the charts on the reverse side to guide discussions about your health with your primary care provider.



**VALLEY MEDICAL CENTER**  
Public Hospital District No. 1 of King County

# Your Personal Checklist

Women only

Men only

Everyone

		18–39 Years	40–49 Years	50–64 Years	65+ Years
SCREENING	Obesity	Have your body mass index (BMI) calculated annually			
	Abdominal Aortic Aneurysm (AAA)				Once between the age of 65 & 75 if you've ever smoked
	Breast cancer	Annual breast exam	Bi-yearly mammogram + breast exam Consult your doctor about an annual mammogram		
	Cervical cancer	At regular intervals for women age 21 – 65			
	Osteoporosis (Thinning of the bones)				Screening beginning at age 65
	Rubella	All women of childbearing age			
	Prostate cancer			Consult your doctor about an annual PSA or digital rectal examination	
	Colorectal cancer		Between 45 – 75 years old, screening frequency varies from annually, to every 3 – 5 years, to every 10 years, depending upon the type of test		
	Cholesterol and lipid screening	Every 5 years for men aged 35+ and women aged 45+, or anyone aged 20+ if they have risk factors for heart disease, including diabetes, tobacco use, high blood pressure or a family history of heart disease			
	Asthma or lung disease	If you experience chronic wheezing, coughing, shortness of breath or tightness in the chest, ask your doctor to be screened			
	Diabetes	If age 35 – 70 years and overweight or obese (BMI ≥ 25, ≥ 23 if Asian) If age ≥ 18 years and overweight or obese (BMI ≥ 25, ≥ 23 if Asian) with additional risk factors			
	Gestational Diabetes	Screen pregnant women after 24 weeks gestation			
	Hypertension	Every 1 – 2 years, if you do not have high blood pressure			
	Lung Cancer			If age 50 – 80, smoked 1 – 2 packs/day for 10 – 20 years, and smoked within the last 15 years, ask your doctor to be screened	
	Sexually transmitted diseases	Recommended testing for women who are sexually active and under age 25 should be tested for chlamydia, gonorrhea, and HPV. Otherwise, ask your doctor if you should be checked.			
	HIV	Screen those between 15 – 65 years and all pregnant women			
	Tuberculosis (TB)	You should be tested if you may have been exposed to TB, have kidney failure, diabetes, HIV or alcoholism, or if you inject or have injected street drugs			
	Depression	Your emotional health is as important as your physical health—talk to your doctor if you've felt “down” or have felt little interest or pleasure in doing things			
	Sleep disorders	If you have a hard time falling asleep or staying awake, snore or wake up choking or gasping for breath, consult your doctor to inquire about screening			
	Hepatitis B	Recommended for all pregnant women at their first prenatal visit, and for anyone at high risk			
	Hepatitis C	One time screening recommended for all between 18 – 79 years old			
	Vision	Periodic screening to check for glaucoma and assess the need for corrective lenses			Regular screening
	Hearing	Consult your doctor if you strain to hear a normal conversation, the TV or radio			

		18–49 Years	50–64 Years	65+ Years
VACCINATIONS	Tetanus, diphtheria (Tdap)	Booster every 10 years		
	Measles, mumps, rubella (MMR)	1 or 2 doses	May be recommended for certain high-risk populations	
	Varicella	2 doses (0, 4 – 8 weeks)	May be recommended for certain high-risk populations	
	Hepatitis A	Recommended for certain high-risk populations—ask your doctor		
	Hepatitis B	Recommended for all young adults not previously immunized, as well as for certain high-risk populations		
	Flu shot	Annually		
	Covid	Consult with your PCP regarding frequency		
	Pneumococcal (Pneumoccal conjugate, PCV-13 + Pneumoccal PPSV )	Recommended for individuals with chronic heart or lung disease, diabetes mellitus, splenectomy, or anatomic asplenia (sickle cell disease)		1 dose
	Meningococcal	Recommended for certain certain high-risk populations		
	Shingrix		2 doses (2 – 6 months apart) recommended to prevent shingles in those age 50 and older	



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