

# SCHEDULE YOUR ANNUAL CHECKUP TODAY!

## Preventive care is an important part of your health and well-being.

When you see your primary care provider for an annual checkup you can ask questions, get important screenings and vaccinations, and identify risks early so you can better protect your health. Schedule your annual checkup and use this checklist to help you start the conversation with your primary care provider.

### Be sure to:

- Know your family and medical history, if possible, including any history of allergies.
- Write down any specific questions you may have for your doctor and bring them with you.

## Use this checklist as a guide.

Recommended Female Screenings	Recommendations/Average Range
Cholesterol/lipid disorders screenings	Ages 40 to 75 years, or ages 20-40 if risk factors
– Total cholesterol	Normal: Less than 200 mg/dL
– HDL cholesterol “Good” cholesterol	Normal: 40-60 mg/dL
– LDL cholesterol “Bad” cholesterol	Normal: Less than 100 mg/dL Note: High-risk individuals should discuss their goals with their doctor
– Triglycerides	Normal: Less than 150 mg/dL
Cervical cancer screening	Ages 21+, Pap test every 3 years Ages 30-65, HPV and Pap test every 5 years or a Pap test alone every 3 years
Chlamydia	Sexually active women ages 24 and under, and older women at risk. Or as recommended by your doctor
Breast cancer screening	Ages 40+ every 1-2 years
Osteoporosis (bone density)	Ages 65+, or under age 65 if risk factors
Colorectal cancer screening	Begin screening at age 50
HIV screening and counseling	Sexually active women, annually

## Recommended Immunizations

Influenza vaccination	All adults, annually
Tetanus vaccination	Tetanus/diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older

## Diabetes Screening

Diabetes screening (glucose)	Desirable range: Fasting blood sugar (glucose) less than 100 mg/dL
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It is recommended that you follow a preventive care plan as outlined by your physician. The above information is provided to you for education purposes only, and is not intended to provide or be a substitute to medical advice. The adult well examination should incorporate evidence-based guidance toward the promotion of optimal health and well-being, including screening tests shown to improve health outcomes.

### Plan and calendar your adult well examination below:

Name of Clinic and Practitioner (please print)

Anticipated Annual Well Exam Date MM/DD/2021

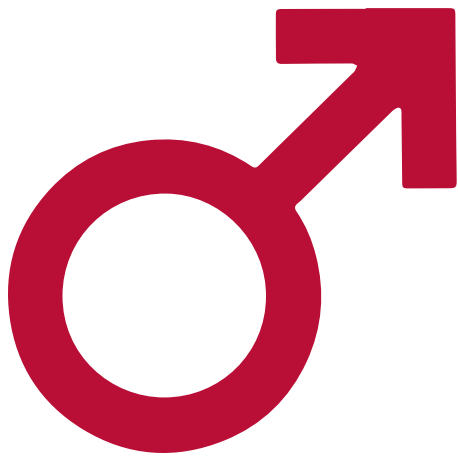
Name

Employer

Email

Submit completed form to  
nmopsia.wellness@phs.org by October 10, 2021





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### Be sure to:

- Know your family and medical history, if possible, including any history of allergies.
- Write down any specific questions you may have for your doctor and bring them with you.
- Decide with your doctor which tests are right for you based on your age, gender and risk factors.

## Use this checklist as a guide.

Recommended Male Screenings	Recommendations/ Average Range
Cholesterol/lipid disorders screenings	Ages 40 to 75 years, or ages 20-40 if risk factors
– Total cholesterol	Normal: Less than 200 mg/dL
– HDL cholesterol "Good" cholesterol	Normal: 40-60 mg/dL
– LDL cholesterol "Bad" cholesterol	Normal: Less than 100 mg/dL Note: High-risk individuals should discuss their goals with their doctor
– Triglycerides	Normal: Less than 150 mg/dL
Prostate screening (PSA)	Ages 50+, or age 40 if risk factors - discuss the benefits and risks of this screening with your doctor
Colorectal cancer screening	Begin screening at age 50
HIV screening and counseling	Sexually active men, annually

## Recommended Immunizations

Influenza vaccination	All adults, annually
Tetanus vaccination	Tetanus/diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older

## Diabetes Screening

Diabetes screening (glucose)	Desirable range: Fasting blood sugar (glucose) less than 100 mg/dL
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