



Age	18	25	30	35	40	45	50	55	60	65	70	75 and up	
<b>For men AND women:</b>													
Blood pressure	Have your blood pressure checked at least every 1 to 2 years. A healthy blood pressure is 120/80 or less. People with high blood pressure should be tested for diabetes.												
Body mass index (BMI)	Find out your BMI. If your BMI is over 25, talk to your doctor about your health risks, especially diabetes.												
Tobacco use	If you smoke or use tobacco, talk to your doctor about quitting.												
Colon cancer												You should be screened for colon cancer. If you have a family history or other risk factors, you should be screened earlier. Your doctor can discuss the different screening options.	
Rectal exam												Some, but not all, authorities recommend a yearly exam by your doctor.	
Other screenings	Depending on your age, sex, and other factors, your doctor may advise additional screening exams or tests for other kinds of cancer.												
<b>For women:</b>													
Cholesterol	Talk to your doctor to learn if earlier screening is recommended for you.						Women at average risk for heart disease should check their cholesterol at least every 5 years.						
Mammography							Have a mammogram every 1 to 2 years until age 50, then every year.				After age 70, discuss with your doctor.		
Pap test	Discuss with your doctor how often you should have this test. You should have a Pap test every 1 to 3 years unless you've had a hysterectomy.												
Chlamydia	Periodic		←Women age 25 or younger (or with risk factors) should be screened.										
Osteoporosis												Screening usually begins at age 65.	
Breast exam												Some, but not all, authorities recommend a yearly exam by your doctor.	
<b>For men:</b>													
Cholesterol	Talk to your doctor about if earlier screening is recommended for you.			Men without cardiac risk factors should have their cholesterol checked at least every 5 years beginning at age 35.									
Prostate cancer screen discussion									Discuss the risks and benefits of prostate screening with your doctor annually.				
Abdominal aortic aneurysm ultrasound							If you smoke or have ever smoked, talk to your doctor about if this test is right for you. →				One time		
Tetanus-diphtheria-pertussis (Td or Tdap) booster	You should get a Td or Tdap booster every 10 years.												
Pneumococcal vaccine	Talk to your doctor if and how often you may need this vaccine.										Most need just one dose. Some need a repeat dose after 5 years.		
Influenza vaccine	Some people need flu vaccines at earlier ages.						Annually						
Zoster vaccine												Shingles vaccine	
Improving health	<ul style="list-style-type: none"> <li>• If you engage in harmful behaviors such as alcohol/drug abuse, unsafe sex, domestic violence, or behaviors that put you or others at risk for infection or injury, your doctor can provide important recommendations.</li> <li>• Discuss your needs for dental, vision, and hearing care with your doctor.</li> <li>• Discuss breast or testicular self-exams with your doctor.</li> <li>• You can improve your health if you work with your doctor to understand healthful nutrition and exercise, the importance of using seat belts and motorcycle helmets, and the need to use sunscreen and UV protective eyewear.</li> <li>• If you have children, protect them from firearms and tobacco smoke exposure, and learn to use car seats correctly.</li> </ul>												
Preventive medications	<ul style="list-style-type: none"> <li>• Women of childbearing age should ask their doctors about taking <b>follic acid</b>.</li> <li>• If you are 50 or older, or have risk factors for heart disease, ask your doctor about <b>daily aspirin therapy</b>.</li> </ul>												

Recommendations are based on national guidelines\* and endorsed by BCBSNM and Blue Medicare PPO<sup>SM</sup> as appropriate for average-risk persons. If you are at **higher risk** for certain conditions, these recommendations may not apply to you. Discuss your risk with your doctor. More health information is available at [bcbsnm.com](http://bcbsnm.com).

The presence of a particular service within these recommendations does not mean that the service is covered (eligible for payment) by your health plan. Some services may not be covered under your health plan. For more information about your coverage, call the Customer Service number on your ID card.

\*Adopted from the Agency for Healthcare Research and Quality Guide to Clinical Preventive Services ([www.ahrq.gov/clinic/pocketgd.htm](http://www.ahrq.gov/clinic/pocketgd.htm)).