

# Partnering For Your Best Health

Checkups, Screenings, Immunizations | 2022



We're here to partner with you in your complete health and wellness. With Sutter Health Plus and the Sutter Health network, you have a complete care team with you. We believe in partnering in your health so you can feel your best. Find out when checkups, screenings and immunizations are generally recommended, then talk to your provider or care team about what's right for you.

*These guidelines may vary for patients with personal or family health risks or who take certain medications.*

*The preventive services guidelines provided in this document are based primarily on the recommendations of the U.S. Preventive Services Task Force (USPSTF) and the Centers for Disease Control and Prevention (CDC), but may vary. Check your Sutter Health Plus Evidence of Coverage (EOC) for Sutter Health Plus benefit and coverage information for these services.*



## Birth to Age 17

### Checkups

Visits at ages 1, 2, 4, 6, 9, 12, 15 and 18 months. Annual visits from ages 2 to 17, including a visit at age 30 months; screen for healthy weight.

**Blood Pressure:** Check annually age 3+.

### Screening Tests

**Vision:** Check at least once between ages 3 to 5.

**Obesity:** Monitor starting at age 6.

**Chlamydia and Gonorrhea:** Check yearly for sexually active females ages 24 and younger.

**HIV:** Check at age 15 and older, start younger if at risk.

Age	Months						Years					
	Birth	1	2	4	6	12	15	18	2	4-5	11	16
Hepatitis B	●	●			●							
Haemophilus Influenzae Type B		●	●	●	●							
Polio		●	●	●							●	
Diphtheria, Tetanus and Acellular Pertussis		●	●	●	●		●					●
Rotavirus		●	●	●								
Pneumococcal Tdap or Td		●	●	●	●							●
Measles, Mumps and Rubella						●						●
Varicella (Chickenpox)						●						●
Hepatitis A						●	●					
Influenza (yearly)						●		●	●	●	●	●
Meningococcal Conjugate											●	●
Human Papillomavirus (HPV)												●

**Human Papillomavirus (HPV):** Ages 11 to 14 should receive a two-dose series or ages 15 to 26 should receive a three-dose series.

**Pregnancy:** If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. A Hepatitis B screening is recommended at the first prenatal visit. Talk to your doctor about more steps for a healthy pregnancy.

### Individualized/Patient-Provider Shared Decisions

**Meningococcal B Vaccine:** Ages 16 to 23.

## Ages 18 to 39

### Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

### Screening Tests

**HIV:** Check between ages 15–65 and anyone who is pregnant.

**Hepatitis C:** Check once between ages 18 to 79.

**Obesity:** Monitor periodically throughout adulthood.

**Blood Pressure:** Check every 3 to 5 years (annual if risk factors).

**Diabetes:** Discuss with your provider; screen individuals ages 35–70 who are overweight.

### Immunizations

**Influenza (Flu):** Yearly flu vaccine.

**Hepatitis B:** All adults ages 19–59 years and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.

**Shingles:** All adults age 50 and older and ages 19–49 with immunocompromising conditions should receive a two-dose vaccine series.

**Varicella (Chickenpox):** A vaccine for adults born in 1980 or later.

**HPV (Human Papillomavirus):** Ages 15 to 26 should receive a three-dose series.

**MMR (Measles, Mumps and Rubella):** Adults ages 19 to 39 should have recorded in their chart at least one dose of the vaccine.

**Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

### Women's Health

**Chlamydia and Gonorrhea:** Check yearly for sexually active females ages 24 and younger. Check in women ages 25 and older who have an increased risk for infection.

**Cervical Cancer Screening Options:** Pap test every three years starting at age 21–65 with cervical cytology alone. High risk HPV (hrHPV) alone every 5 years or hrHPV in combination with cytology every 5 years.

**Pregnancy:** If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. A Hepatitis B screening is recommended at the first prenatal visit. Talk to your doctor about more steps for a healthy pregnancy.

### Individualized/Patient-Provider Shared Decisions

**Meningococcal B Vaccine:** Ages 16 to 23.

**HPV Vaccine:** Ages 27 to 45.

## Ages 40 to 49

### Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

### Screening Tests

**Cholesterol:** Check every five years.

**HIV:** Check between ages 15–65 and anyone who is pregnant.

**Hepatitis C:** Check once between ages 18 to 79.

**Obesity:** Monitor periodically throughout adulthood.

**Colon Cancer:** Preferred Screening Options – Starting at age 45, a colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing.

Other Options – A CT colonography every five years or a FIT/DNA test every three years.

**Blood Pressure:** Check annually.

**Diabetes:** Discuss with your provider; screen individuals ages 35–70 who are overweight.

### Immunizations

**Influenza (Flu):** Yearly flu vaccine.

**Hepatitis B:** All adults ages 19–59 years and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.

**Shingles:** All adults age 50 and older and ages 19–49 with immunocompromising conditions should receive a two-dose vaccine series.

**MMR (Measles, Mumps and Rubella):** Adults ages 40 to 49 should have recorded in their chart at least one dose of the vaccine.

**Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

### Women's Health

**Cervical Cancer:** Pap test every three years starting at age 21–65 with cervical cytology alone. High risk HPV (hrHPV) alone every 5 years or hrHPV in combination with cytology every 5 years.

**Pregnancy:** If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. A Hepatitis B screening is recommended at the first prenatal visit. Talk to your doctor about more steps for a healthy pregnancy.

### Individualized/Patient-Provider Shared Decisions

**HPV Vaccine:** Ages 27 to 45.

**Breast Cancer Screening:** Ages 40 to 49.

## Ages 50 to 74

### Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

### Screening Tests

**Cholesterol:** Check every five years.

**HIV:** Check between ages 15–65 and anyone who is pregnant.

**Hepatitis C:** Check once between ages 18 to 79.

**Obesity:** Monitor periodically throughout adulthood.

**Colon Cancer:** Preferred Screening Options – A colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing.

Other Options – A CT colonography every five years or a FIT/DNA test every three years.

**Blood Pressure:** Check annually.

**Diabetes:** Discuss with your provider; screen individuals ages 35–70 who are overweight.

**Lung Cancer:** Screen annually for adults age 50–80 years old who have a 20 pack-year smoking history AND currently smoke or have quit in the last 15 years.

### Immunizations

**Influenza (Flu):** Yearly flu vaccine.

**Hepatitis B:** All adults ages 19–59 years and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.

**MMR (Measles, Mumps and Rubella):** Adults ages 50 to 59 should have recorded in their chart at least one dose of the vaccine.

**Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Tdap or Td booster every 10 years.

**Shingles:** Adults age 50 and older should receive a two-dose vaccine series.

**Pneumococcal-23 (Pneumovax):** Pneumococcal vaccine series beginning at age 65.

### Women's Health

**Cervical Cancer:** Pap test every three years starting at age 21–65 with cervical cytology alone. High risk HPV (hrHPV) alone every 5 years or hrHPV in combination with cytology every 5 years.

**Breast Cancer:** Mammography every two years.

**Bone Density:** Check starting at age 65.

### Individualized/Patient-Provider Shared Decisions

**Pneumococcal 13 (Pnevnar) Vaccine:** age 65+.

**Abdominal Aortic Aneurysm Screening:** Ages 65 to 75, men who have ever smoked.

**Prostate Cancer Screening:** Men ages 55 to 69.

## Ages 75 and Older

### Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

### Screening Tests

**Hepatitis C:** Check once between ages 18 to 79.

**Obesity:** Monitor periodically throughout adulthood.

**Blood Pressure:** Check annually.

**Lung Cancer:** Screen annually for adults age 50–80 years old who have a 20 pack-year smoking history AND currently smoke or have quit in the last 15 years.

### Immunizations

**Influenza (Flu):** Yearly flu vaccine.

**Hepatitis B:** All adults ages 19–59 years and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.

**Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Tdap or Td booster every 10 years.

**Shingles:** Adults age 50 and older should receive a two-dose vaccine series.

**Pneumococcal-23 (Pneumovax):** Pneumococcal vaccine series beginning at age 65.

### Individualized/Patient-Provider Shared Decisions

**Pneumococcal 13 (Pnevnar) Vaccine:** age 65+.

**Abdominal Aortic Aneurysm Screening:** Ages 65 to 75, men who have ever smoked.

**Colon Cancer Screening:** Ages 76 to 85.

**Breast Cancer Screening:** Age 75+.

### Discussion Topics

Routine topics to discuss with your provider by age include:

- age 6+, skin cancer prevention
- age 11+, sexually transmitted infections prevention, and tobacco use—including vaping electronic cigarettes
- age 12+, depression and domestic violence
- age 18+, alcohol and unhealthy drug use
- age 65+, preventing falls