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Some of these tests should be done every year.
Others are needed less often. Your healthcare team
can tell you when you are due for these tests.

Add your own due date for each test.

	Age	Recommended Frequency	When am I Due for this test		
			Year 1	Year 2	Year 3
Adults					
Blood Pressure	18+	Every Year			
Weight	18+	Every 3 Years			
Height	18+	At Least Once			
Exercise Assessment	18+	Every Year			
Tobacco Use Assessment	18+	Every Year			
Flu Shot	18+	Every Year			
Cholesterol Test	40 – 74	Every 5 Years			
Heart Disease Risk Assessment	40 – 74	Every 5 Years			
Diabetes Test	40+	Every 5 Years			
Colon Cancer (FIT) Test	50 – 74	Every 2 Years			
Women Only					
Pap Test	25 – 69	Every 3 Years			
	21-24	Optional Testing			
	< 21	Do <u>Not</u> Test			
Mammography	50 – 74	Every 2 Years			

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