



A UnitedHealthcare Company

Healthier tomorrow starts today

Know when and how to take advantage of preventive care



General screening guidelines for adults

Living your healthiest life means being proactive about your wellness. Regular screenings and checkups can help you detect diseases early and give you peace of mind knowing you're in good shape — both mentally and physically.

Your future self will thank you!

Many preventive or routine screenings may be covered at 100% if you visit an in-network provider. That means you could have no out-of-pocket costs.

Start getting the most out of your benefits today by checking out the list on the next page.

Important information



The recommended screening tests listed are from the United States Preventive Services Task Force (USPSTF) based on gender and overall risk factors. The guidelines here are for general reference only and this list is not meant to be all-inclusive.



These recommendations are for adults who are at average risk and do not have any symptoms or diagnosis of the conditions mentioned. Some professional organizations have differing or additional recommendations.



There are additional screenings recommended for pregnant people. Always discuss your health care needs with your physician.

SCREENING	AGE RANGE			
	18-39	40-49	50-64	65+
Abdominal aortic aneurysm				One-time screening for men ages 65-75 who have ever smoked.
Anxiety and/or depression	Regular screenings for all adults.			
Blood pressure (hypertension)	Regular in-office screenings for those 18 years and older without hypertension.			
Breast cancer (mammogram) ¹		Screenings every other year from ages 40-74. Ask your doctor if you need testing after age 74.		
Cervical cancer (pelvic exam/Pap smear)		At least every three years from ages 21-65. ²		Ask your doctor if you need testing after age 65.
Chlamydia and Gonorrhea		Screening for sexually active women 24 years or younger, or for those 25 or older who are at increased risk.		
Colorectal cancer			Regular screenings from ages 45-75. Ask your doctor if you need testing after age 75.	
Diabetes		Screening for prediabetes and type 2 diabetes for adults ages 35-70 years who are overweight or obese with no current symptoms of diabetes.		
Hepatitis C (HCV)	Screening for adults from ages 18-79.			
Human Immunodeficiency Virus (HIV) ¹	Regular screenings for adolescents and adults from ages 15-65.			
Lung cancer			Yearly screening for all adults ages 50-80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.	
Osteoporosis ¹				Screenings for women ages 65 and older.
Prostate cancer ¹			From ages 55-69, men may want to talk to their doctor about the risks and benefits of screening. ³	

¹These recommendations have pending updates. Please check with your doctor to ensure your screening is based on the most current recommendation.

²For women ages 21 to 65, USPSTF recommends screening for cervical cancer every three years with cervical cytology alone. For women ages 30-65 years, the USPSTF recommends screening every three years with cervical cytology alone, every five years with high-risk human papillomavirus (hrHPV) testing alone, or every five years with hrHPV testing in combination with cytology (cotesting).

³The USPSTF recommends that it should be a personal decision to do a periodic prostate-specific antigen (PSA)-based screening for prostate cancer.

General immunization guidelines for adults

Immunizations (also known as vaccines or shots) teach the body how to fight off sickness without getting really sick. The body's reaction to a vaccine might make you feel tired and uncomfortable for a short time, but it can protect you from serious diseases.

This list below outlines a few common vaccines for adults you usually can get at the doctor's office to help stay healthy. This list does not include additional vaccines that may be recommended based on personal risk factors or a diagnosed condition.

VACCINE	AGE RANGE				
	19-26	27-49	50-59	60-64	65+
COVID-19	One or more doses of latest vaccine every year depending on vaccination status.				
Hepatitis B	Complete a two-, three- or four-dose series depending on vaccination history and risk factors.			After age 59, talk to your doctor about need and frequency.	
Human papillomavirus (HPV)	Two or three doses depending on initial vaccination or condition.	Talk to your doctor about vaccination need and frequency from ages 27-45.			
Influenza (flu)	One dose annually.				
Measles, mumps, rubella (MMR)	One or two doses depending on if you were born after 1957.				
Pneumococcal vaccine (pneumonia)	One dose for those with certain underlying medical conditions or other risk factors.				At age 65, one or two doses may be needed based on previous vaccination.
Respiratory syncytial virus (RSV)				One dose after the age of 60.	
Tetanus/diphtheria (Td/Tdap)	One-time dose of Tdap, then Td booster every 10 years.				
Varicella (chicken pox)	Two doses if there is no documentation of vaccination or immunity, or if born after 1980.				
Zoster recombinant (shingles)	Two doses for those who are immunocompromised.		Two doses after the age of 50, two to six months apart.		

Personal risk factors

Your family health history can make you more likely to have certain diseases. Your personal health history may also mean you need different screenings or additional immunizations. So, it's important to understand your risk factors and get screenings or shots to help prevent problems or find them early — when they are most treatable. Depending on your family, personal health history and risk, talk to your doctor about other preventive care measures, such as:

Screenings:

- Genetic testing for certain cancers
- Glaucoma screening
- Sexually transmitted disease (STD) tests
- Screenings for diseases related to smoking history or alcohol abuse

Immunizations:

- Hepatitis A
- Meningococcal A, B, C, W or Y
- Haemophilus influenzae type B
- Mpox (monkeypox)

If you are at risk for any of these conditions or diseases, it's likely that your insurance will cover these services at 100%.



For more information on immunizations, see the [Centers for Disease Control and Prevention \(CDC\) immunization schedules](#) or scan the QR code.



For more information on recommended screenings, please see the [list of USPSTF A and B recommendations here](#) or scan the QR code.