IN YOUR 40s

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.

General health
- **Full checkup:** Including weight and height.
- **Sleep habits:** Discuss at your annual exam.
- **Thyroid (TSH) test:** Discuss with your doctor or nurse.
- **HIV screening:** Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).

Heart health
- **Blood pressure test:** Annually.
- **Cholesterol panel:** LDL, HDL and triglycerides; discuss with your doctor or nurse.

Diabetes
- **Blood glucose or A1c test:** Every three years. Discuss your risk factors with your doctor or nurse.

Breast health
- **Breast self-exam:** Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.
- **Clinical breast exam:** At least every three years.
- **Mammogram:** Yearly starting at age 40.

Reproductive health
- **Pap test:** At least every three years.
- **Pelvic exam:** Yearly.
- **Sexually transmitted infection (STI) tests:** Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners.

Pelvic health
- Screening for urinary incontinence annually.

Mental health screening
- Discuss with your doctor or nurse.

Colorectal health
- Screening should begin at age 45. Frequency varies by testing method and screening results.

Eye and ear health
- **Comprehensive eye exam:** At least every two years.
- **Hearing test:** Every ten years.

Lung health
- Screen for lung cancer with low-dose CT scan in adults starting at age 50 who have a 20-pack-year smoking history and currently smoke or have quit within the past 15 years.

Skin health
- **Skin exam:** Monthly self-exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health
- **Dental cleaning and exam:** twice a year.

Immunizations
- **Seasonal influenza vaccine:** Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine:** Every 10 years.

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