

What kinds of tests and examinations should you expect when you have a complete physical? Each person has different needs, but the chart below shows what you might expect when you see your health care provider.

Test or Procedure	Sex	Age	Frequency
Blood Pressure	Men and Women	All Adults	Should be checked at least once a year. It will be checked each time you visit a provider in our clinic.
Height and Weight	Men and Women	All Adults	One or two times a year. It will be checked each time you visit a provider in our clinic.
Cholesterol testing	Men Women	35 - 74 45 - 74	Every five years or as needed.
Hearing screening	Men and Women	Any age	If you are having difficulty hearing, discuss it with your health care provider. Hearing tests can be arranged for you.
Vision screening	Men and Women	Any age	If you wear glasses or if you are having difficulty with your vision, arrange to be examined by an eye care professional.
Glaucoma testing	Men and Women	Age 40 and over	May be recommended by your eye care professional.
Stool Blood test	Men and Women	Age 50 - 74	Every year
Sigmoidoscopy (colon exam)	Men and Women	Age 50 - 74	Every 5 years
Prostate and Testicle exam	Men only	Any age	At your health care provider's discretion
Clinical Breast exam	Women only	Age 20 - 49 Age 50 - 74	Every 3 years Every year
Mammography (Breast x-ray)	Women only	Age 40 - 74	Yearly
Pap test and pelvic exam	Women only	Age 18 - 64 or at the onset of sexual activity  Age 65 and over	Every 1-3 years depending on your insurance company.  As recommended by MD

<b>Test or Procedure</b>	<b>Sex</b>	<b>Age</b>	<b>Frequency</b>
Tetanus Booster	Men and Women	Age 18 and over	Every 10 years
Flu Vaccine	Men and Women	Age 65 and over and all adults with chronic diseases such as diabetes, COPD, heart disease, etc.	Every year in the fall
Pneumonia Vaccine	Men and Women	Age 65 and over, and all adults with chronic diseases such as diabetes, COPD, heart disease, etc.	One time only
Hepatitis B Vaccine	Men and Women	All adults	Should discuss with your doctor for specific recommendation
MMR Vaccine	Men and Women	Adults born after 1956	Should discuss with your doctor for specific recommendation

There are many things that you can do to preserve your health. This chart outlines medical tests and examinations often recommended for the healthy adult. Your health care provider may suggest tests that are not listed here. Besides making an appointment to have your routine tests and examinations, there are many things you should do to look and feel your best. These include:

- Stop smoking
- Use alcohol in moderation
- Get regular exercise
- Eat a diet low in fat and high in fiber
- Wear seat belts
- Brush and floss your teeth and get regular dental examinations
- Keep your home safe by carefully storing harmful substances
- Install smoke detectors