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## 2026 Prevention and Screenings

Stay on top of your health by keeping and referencing this handy checklist.

PREVENTION AND SCREENING	GENERAL RECOMMENDATIONS	DATE COMPLETED
Annual physical or wellness visit	Every year	
Discuss with your doctor: prescription meds and any concerns about falls, bladder control, physical activity or mental health	At least once a year	
Blood pressure check	Every doctor visit, at least annually	
Lab work, such as blood tests related to chronic conditions	At least once a year as recommended by your doctor	
Bone density test	Once after age 65 or as recommended by your doctor AND within six months of breaking a bone	
Breast cancer screening	Mammogram every two years or as recommended by your doctor	
Colorectal cancer screening	Stool test every year OR DNA stool test every three years OR colonoscopy every 10 years	
Flu shot (available at most pharmacies)	Every year in the fall or winter	
COVID-19 shot (available at most pharmacies)	As recommended by your doctor	
Pneumonia shot (pneumococcal vaccine)	Two vaccines available after age 65; talk with your doctor about options and timing	
Medications to treat chronic conditions like high blood pressure, high cholesterol or diabetes	Fill prescription and take as directed	

*These are some of the recommended health screenings for people ages 65 and older. If you're under 65, please ask your doctor when you should have them done.*

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