

Adults – 19 to 39 Years

For most people, this is a time of robust health and energy. So it's easy to think that screenings can be skipped. But, cancer knows no age and high cholesterol can begin as early as your 20's! For women, getting a baseline mammogram at age 35-39 is key in helping detect problems down the road. This is an important time in life to develop good preventive care habits that will serve you now and in the future.

Preventive Care Measure	Frequency
Physical Exam	
<ul style="list-style-type: none">▶ Clinical screening▶ Height & weight▶ Blood pressure▶ Physical and mental assessment, including:<ul style="list-style-type: none">▶ Clinical breast exam▶ Clinical testicular exam▶ Complete skin exam	Once every 12 months
Annual Lab Exams:	
<ul style="list-style-type: none">▶ Urinalysis screening▶ Pap Smear▶ Hemoglobin & Hematocrit	Once every 12 months
Serum/Cholesterol/HDL	Once every 5 years
Mammograms	One between ages 35 and 39

[CLOSE WINDOW](#)

