



Partnering For Your Best Health

Health Maintenance Guidelines: Checkups, Screenings, Immunizations

2022

Key

Recommended

These recommendations, based on guidelines set forth by the United States Preventative Services Task Force (USPSTF) and the Advisory Committee on Immunization Practices (ACIP), have been identified as having high certainty that the net benefit is either moderate to substantial and are recommended for patients.

Discussion Topics

Talk to your care team about what is important to you. Together, you and your care team can develop action steps for your best health.

Individualized/Patient-Provider Shared Decisions

Optional items are appropriate for some patients. Discuss with your care team if these items will benefit your health.

These guidelines may vary for patients with personal or family health risks or who take certain medications.

Certain patients who belong to high or special risk groups may have unique or additional recommendations. Consult with your provider.

New = Updated or changed guidelines for 2022



Changes to recommendations occur throughout the year. Use a mobile device to scan and view the most recent recommendations on [sutterhealth.org](https://www.sutterhealth.org)



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Birth to 17

Checkups

Visits at 1, 2, 4, 6, 9, 12, 15 and 18 months of age. Annual visits from ages 2 to 17, including a visit at age 30 months; screen for healthy weight.

Blood Pressure: Check annually age 3+.

Screening Tests

Vision: At least once between ages 3 to 5 years.

Obesity: Monitor starting at age 6.

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 16 to 24 years.

HIV: Age 15 and older, start younger if at risk.

Immunizations

Two-month series of vaccines can be given as early as 6 weeks.

Age	Months								Years			
	Birth	1	2	4	6	12	15	18	2	4-5	11	16
Hepatitis B	●	●			●							
Haemophilus Influenzae Type B		●	●	●	●							
Polio		●	●	●							●	
Diphtheria, Tetanus and Acellular Pertussis		●	●	●			●				●	
Rotavirus		●	●	●								
Pneumococcal		●	●	●	●							
Tdap or Td												●
Measles, Mumps and Rubella						●					●	
Varicella (Chickenpox)						●					●	
Hepatitis A						●		●				
Influenza (yearly)				●				●	●	●	●	●
Meningococcal Conjugate											●	●
Human Papillomavirus (HPV)												●

Human Papillomavirus (HPV): Ages 11 to 14 years should receive a two-dose series or ages 15 to 26 should receive a three-dose series.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about more steps for a healthy pregnancy.

Discussion Topics

Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Individualized/Patient-Provider Shared Decisions

Meningococcal B Vaccine: Ages 16 to 23.

Age 18 to 39

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

HIV: Check between ages 15-65

Hepatitis C: Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

New **Diabetes:** Discuss with your provider; screen every 3 years if overweight.

Blood Pressure: Check every 3 to 5 years (annual if risk factors).

Immunizations

Influenza (Flu): Yearly flu vaccine.

New **Hepatitis B:** All adults ages 19-59 years and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.

New **Shingles:** All adults age 50 and older and ages 19-49 with immunocompromising conditions should receive a two-dose vaccine series.

Varicella (Chickenpox): A vaccine for adults born in 1980 or later.

HPV (Human Papillomavirus): Ages 15 to 26 should receive a three-dose series.

MMR (Measles, Mumps and Rubella): Adults ages 19 to 39 should have recorded in their chart at least one dose of the vaccine.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Women's Health

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 16 to 24 years.

Cervical Cancer Screening Options: Pap test every 3 years starting at age 21. Women 30 and older have the option for high risk HPV testing with or without a Pap test every five years.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about more steps for a healthy pregnancy.

Discussion Topics

Alcohol: Discuss with your provider beginning at age 18.

Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Unhealthy Drug Use: Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions

Meningococcal B Vaccine: Ages 16 to 23.

HPV Vaccine: Ages 27 to 45.

Age 40 to 49

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Cholesterol: Check every five years.

HIV: Check between ages 15-65

Hepatitis C: Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

New **Diabetes:** Discuss with your provider; screen every 3 years if overweight.

Colon Cancer: Preferred Screening Options – Starting at age 45, a colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Blood Pressure: Check annually.

Immunizations

Influenza (Flu): Yearly flu vaccine.

New **Hepatitis B:** All adults ages 19-59 years and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.

New **Shingles:** All adults age 50 and older and ages 19-49 with immunocompromising conditions should receive a two-dose vaccine series.

MMR (Measles, Mumps and Rubella): Adults ages 40 to 49 should have recorded in their chart at least one dose of the vaccine.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Women's Health

Cervical Cancer Screening Options: Pap test every three years or high risk HPV with or without a Pap test every five years.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about more steps for a healthy pregnancy.

Discussion Topics

Alcohol: Discuss with your provider beginning at age 18.

Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Unhealthy Drug Use: Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions

HPV Vaccine: Ages 27 to 45.

Breast Cancer Screening: Ages 40 to 49.

Age 50 to 74

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Cholesterol: Check every five years.

HIV: Check between ages 15-65

Hepatitis C: Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

New Diabetes: Discuss with your provider; screen every 3 years if overweight.

Colon Cancer: Preferred Screening Options – A colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other Options – A CT colonography every five years or a FIT/DNA test every three years.

New Lung Cancer: Screen annually for adults age 50-80 years old who have a 20 pack-year smoking history AND currently smoke or have quit in the last 15 years.

Blood Pressure: Check annually.

Immunizations

Influenza (Flu): Yearly flu vaccine.

New Hepatitis B: All adults ages 19-59 years and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.

MMR (Measles, Mumps and Rubella): Adults ages 50 to 59 should have recorded in their chart at least one dose of the vaccine.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Tdap or Td booster every 10 years.

Shingles: All adults age 50 and older should receive a two-dose vaccine series.

Pneumococcal-23 (Pneumovax): Pneumococcal vaccine series beginning at age 65.

Women's Health

Cervical Cancer Screening Options: Pap test every three years or high risk HPV with or without a Pap test every five years until age 65.

Breast Cancer: Mammography every two years.

Bone Density: Check starting at age 65.

Discussion Topics

Alcohol: Discuss with your provider beginning at age 18.

Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Preventing Falls: Discuss with your provider beginning at age 65.

Unhealthy Drug Use: Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions

Pneumococcal 13 (Pneumovax) Vaccine: age 65+.

Abdominal Aortic Aneurysm Screening: Ages 65 to 75.

Prostate Cancer Screening: Ages 55 to 69.

Age 75 and Older

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Hepatitis C: Check once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

New Lung Cancer: Screen annually for adults age 50-80 years old who have a 20 pack-year smoking history AND currently smoke or have quit in the last 15 years.

Blood Pressure: Check annually.

Immunizations

Influenza (Flu): Yearly flu vaccine.

New Hepatitis B: All adults ages 19-59 years and age 60 years or older with risk factors for HBV should receive 2, 3, or 4 doses of Hepatitis B vaccine depending on vaccine or condition.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Tdap or Td booster every 10 years.

Shingles: All adults age 50 and older should receive a two-dose vaccine series.

Pneumococcal-23 (Pneumovax): Pneumococcal vaccine series beginning at age 65.

Discussion Topics

Alcohol: Discuss with your provider beginning at age 18.

Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Preventing Falls: Discuss with your provider beginning at age 65.

Unhealthy Drug Use: Discuss with your provider beginning at age 18.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions

Pneumococcal 13 (Pneumovax) Vaccine: age 65+.

Abdominal Aortic Aneurysm Screening: Ages 65 to 75.

Colon Cancer Screening: Ages 76 to 85.

Breast Cancer Screening: Age 75+.