

The Road to Better Health checklist:

- Blood pressure check
- Cervical pap smear
- Childhood immunizations
- Cholesterol test
- Colon examination
- Influenza (flu) vaccination
- Mammogram
- Osteoporosis screening
- Pneumococcal (pneumonia) vaccination
- Tetanus-diphtheria vaccination booster
- Stop tobacco use

Other steps to take on *The Road to Better Health*:

- Decrease the amount of fat in your diet; increase fiber intake.
- Take a multi-vitamin.
- Consume adequate calcium.
- Exercise most days of the week.
- Limit alcohol intake.
- Don't drink and drive.
- Complete an Advance Directive.
- Wear a seat belt.
- Limit ultra-violet light exposure; limit sun and tanning bed exposure and wear sunscreen.



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The Road to Better Health



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These preventive measures are recommended to help maintain good health. Your health-care provider may suggest other guidelines based on your personal or family health history. If you have questions or concerns about this information, talk with your health-care provider.

Blood pressure check

Blood pressure should be measured at least every 2 years for adults with blood pressure less than 120/80 and more often if blood pressure is higher.



Cervical Pap smear

Women should have a Pap smear within 3 years of beginning sexual intercourse. Pap smears should be repeated every 3 years until age 65.

Childhood immunizations

All children should have vaccinations started in infancy. Discuss these with your child's health-care provider.



Cholesterol test

Cholesterol testing should begin by age 35 for men and age 45 for women. Tests should be repeated every 5 years.

Colon examination

Adults age 50 and older should have a colon examination every 5 years.

Influenza vaccination

People age 50 and older, adults and children with chronic health conditions, and those in high-risk occupations (such as day care and health care) should receive an annual influenza (flu) vaccination during the autumn or winter months.



Mammogram

Women age 40 and older should have a mammogram every year.

Osteoporosis screening

Women age 65 and older should be screened for osteoporosis.



Pneumococcal (pneumonia) vaccination

People age 65 and older and adults and children with chronic health conditions should be vaccinated for pneumonia. A booster is needed if the first vaccination occurred before age 65 and more than 5 years ago.

Tetanus-diphtheria vaccination booster

Adults should receive a tetanus-diphtheria vaccination booster every 10 years or as suggested by a health-care provider.

Tobacco

Do not use tobacco. If you use tobacco, ask your health-care provider about resources to help you stop. Avoid exposure to secondhand smoke.

Other blood work, cardiogram, chest X-ray and urinalysis are not included in routine preventive screening.

