



Stay Healthy:
Preventive Care and Health
Screenings for Women and Men



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Health Screenings, Through the Years Convenient Preventive Care

At Memorial Hermann, we get it. You lead a busy life, and finding time to see the doctor isn't always easy. We also know that preventive care is an important part of living a long and healthy life. That's why we are here for you with a full range of convenient ways to take charge of your health. Our early detection and screening guide gives you important information to help you stay healthy during each stage of life.

"I feel fine. Why should I see a doctor?"

Sometimes we don't put health and wellness at the top of the priority list. While it can be tempting to put it off, seeing your health care provider for regular health screenings is an important part of staying well. Early detection is one of the best defenses against illness. Health screenings can help you and your provider identify health problems early, when treatments may be more successful.

Get the care you need, when and where you need it.

Our enclosed screening guide gives you the information you need to keep track of your preventive care and stay healthy. With Memorial Hermann's network of convenient locations and virtual options, we make it easy to get the screenings you need, so you can get back to what matters most. Talk with your health care provider about which screenings are appropriate for you.

Get started by finding a provider.

Find a Memorial Hermann-affiliated provider in your area to get the care you need—from primary care physicians to specialists, as well as outpatient imaging and physical therapy. To explore available providers at your convenience, go online to memorialhermann.org or call 713.222.CARE (2273).

Stay connected to your health with Everyday Well.

Take advantage of the many features that Everyday Well offers, to help keep you informed about your care. Go online to memorialhermann.com/everydaywell and download the app today.

EVERYDAYWELL

Services and Screening	Age	Evidence-based Recommendation
Annual Wellness Visit	Adults	Annually
Depression Screen	Adults	Annually
Diabetes Screen	Adults 35-70 + BMI \geq 25	Every 3 years
Cholesterol Screen	Adults 20-79	Every 5 years
Obesity Screen and Counseling	Adults with BMI \geq 30	Annually
Alcohol Misuse Screen and Counseling	Adults	Annually
Tobacco Use Counseling	Adults	Annually
Fall Prevention	Adults 65 and older	Annually
Colorectal Cancer Screen	Adults 45-75*	Ask your doctor about screening types and intervals
Prostate Cancer Screen	Men 55-69	Ask your doctor if you need screening
Lung Cancer Screen	Adults 50-80. Currently, or in the past, have a 20 pack-year smoking history, for 15 years. Current smoker or one who has quit within last 15 years.	Ask your doctor how often you should be screened
Abdominal Aortic Aneurysm Screen	Men 65-75 with smoking history	Once
HIV Screen	Adults 15-65 or if high risk	Once, or more often if you are at risk
Hepatitis C Screen	Adults 18-79	Once
Vaccines: COVID-19	Adults	Ask your doctor about the vaccine and boosters
Vaccines: Influenza	Adults	Annually
Vaccines: Pneumonia	Adults 65 and older	Once. Talk with your doctor if you are high risk for pneumonia
Vaccines: Shingles	Adults 50+	2-dose series
Vaccines: Tetanus	Adults	Tdap every 10 years

The information presented in this brochure is educational and not intended as medical advice or the practice of medicine. Specific aspects of your outcomes and care should be addressed and answered after consultation with your physician. *Check insurance coverage.

Men 18-64 years

Services and Screening	Age	Evidence-based Recommendation
Annual Wellness Visit	Adults 18-64	Annually
Depression Screen	Adults	Annually
Diabetes Screen	Adults 35-70 + BMI \geq 25	Every 3 years
Cholesterol Screen	Adults 20-79	Every 5 years
Obesity Screen and Counseling	Adults with BMI \geq 30	Annually
Alcohol Misuse Screen and Counseling	Adults	Annually
Tobacco Use Counseling	Adults	Annually
Colorectal Cancer Screen	Adults 45-75*	Ask your doctor about screening types and intervals
Prostate Cancer Screen	Men 55-69	Ask your doctor if you need screening
Lung Cancer Screen	Adults 50-80. Currently, or in the past, have a 20 pack-year smoking history, for 15 years. Current smoker or one who has quit within last 15 years.	Ask your doctor how often you should be screened
HIV Screen	Adults 15-65 or if high-risk	Once, or more often if you are at risk
Hepatitis C Screen	Adults 18-79	Once
Vaccines: COVID-19	Adults	Ask your doctor about the vaccine and boosters
Vaccines: HPV	Age 11-26 recommended; age \geq 26 y/o shared decision-making	2-dose series if first dose given under 15; 3-dose series if first dose given \geq 15
Vaccines: Hepatitis B	Adults at high risk: diabetics 18-59, etc.	3-dose series if you are at high risk
Vaccines: Influenza	Adults	Annually
Vaccines: Shingles	Adults 50+	2-dose series
Vaccines: Tetanus	Adults	Tdap every 10 years



Women 18-64 years

Services and Screening	Age	Evidence-based Recommendation
Annual Wellness Visit	Adults	Annually
Depression Screen	Adults	Annually
Diabetes Screen	Adults 35-70 + BMI \geq 25	Every 3 years
Cholesterol Screen	Adults 20-79	Every 5 years
Obesity Screen and Counseling	Adults with BMI \geq 30	Annually
Alcohol Misuse Screen and Counseling	Adults	Annually
Tobacco Use Counseling	Adults	Annually
Cervical Cancer Screen	Women 21-65	Every 3-5 years, ask your doctor how often you should be screened
Chlamydia Screen	Sexually active women	Once, or more frequently if you are at risk
Colorectal Cancer Screen	Adults 45-75*	Ask your doctor about screening types and intervals
Breast Cancer Screen	Women 40-74	Every 1-2 years, starting at age 40 or 50, ask your doctor how often you should be screened
Lung Cancer Screen	Adults 50-80. Currently, or in the past, have a 20 pack-year smoking history, for 15 years. Current smoker or one who has quit within last 15 years.	Ask your doctor how often you should be screened
HIV Screen	Adults 15-65 or if high-risk	Once, or more often if you are at risk
Hepatitis C Screen	Adults 18-79	Once
Vaccines: COVID-19	Adults	Ask your doctor about the vaccine and boosters
Vaccines: HPV	Age 11-26 recommended; age \geq 26 y/o shared decision-making	2-dose series if first dose given under 15; 3-dose series if first dose given \geq 15
Vaccines: Hepatitis B	Adults at high risk: diabetics 18-59, etc.	3-dose series if you are at high risk
Vaccines: Influenza	Adults	Annually
Vaccines: Shingles	Adults 50+	2-dose series
Vaccines: Tetanus	Adults	Tdap every 10 years

Women 65 years and over

Services and Screening	Age	Evidence-based Recommendation
Annual Wellness Visit	Adults	Annually
Depression Screen	Adults	Annually
Diabetes Screen	Adults 35-70 + BMI \geq 25	Every 3 years
Cholesterol Screen	Adults 20-79	Every 5 years
Obesity Screen and Counseling	Adults with BMI \geq 30	Annually
Alcohol Misuse Screen and Counseling	Adults	Annually
Tobacco Use Counseling	Adults	Annually
Fall Prevention	Adults 65 and older	Annually
Colorectal Cancer Screen	Adults 45-75*	Ask your doctor about screening types and intervals
Breast Cancer Screen	Women 40-74	Every 1-2 years, ask your doctor when you need this test
Cervical Cancer Screen	Women 21-65	Every 3-5 years, ask your doctor when you need this test
Chlamydia Screen	Sexually active women	Once, or more frequently if you are at risk
Lung Cancer Screen	Adults 50-80. Currently, or in the past, have a 20 pack-year smoking history, for 15 years. Current smoker or one who has quit within last 15 years.	Ask your doctor how often you should be screened
Bone Density Measurement	Postmenopausal women	Ask your doctor if you need this test
HIV Screen	Adults 15-65 or if high-risk	Once, or more often if you are at risk
Hepatitis C Screen	Adults 18-79	Once
Vaccines: COVID-19	Adults	Ask your doctor about the vaccine and boosters
Vaccines: Influenza	Adults	Annually
Vaccines: Pneumonia	Adults 65 and older	Once. Talk with your doctor if you are high risk for pneumonia
Vaccines: Shingles	Adults 50+	2-dose series
Vaccines: Tetanus	Adults	Tdap every 10 years

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