

Health Screening Checklist

A general checklist of recommended health screenings by age and sex to discuss with your doctor.

Vital Signs and Measurements

- Blood pressure measurement
 - Height, weight, and body measurements
 - Heart rate and general vital signs
 - Discussion of any readings outside the usual range
- Ask your doctor about your numbers and what they mean

Blood and Metabolic Tests

- Cholesterol and lipid testing
- Blood sugar or diabetes screening
- Other blood tests your doctor recommends
- Note fasting requirements before tests
- Track results over time to spot trends

Cancer Screenings

- Skin checks for new or changing spots
 - Colon cancer screening at the age your doctor advises
 - Breast screening if recommended for you
 - Cervical screening if recommended for you
 - Other screenings based on personal and family risk
- Ask your doctor which cancer screenings apply to you

Sensory, Bone and Dental

- Vision check
- Hearing check
- Bone health assessment if recommended
- Regular dental visits
- Foot or skin checks if you have a relevant condition

Plan and Track

- Record the date of each completed screening
- Note when each one is due again
- Keep results together in one place
- List screenings to ask about at your next visit
- Set calendar reminders for upcoming tests

Important

- This checklist is general information only and is not medical advice; recommended screenings depend on your age, sex, history, and risk, so ask your doctor what is right for you and follow their guidance
- Screening guidelines differ by person and may change over time