

^{Unde} 20	 Flu Shot: Yearly Alcohol Recommendation Counselling Immunizations: As per childhood schedule Blood Pressure: Every three years age ≥ 14 STI and Safe Sex Practice Counselling / Screening 	 Height & Weight (BMI): Every three years age ≥ 7 Smoking / Recreational Drug Use Cessation Counselling HPV Vaccination: Gardasil vaccine between 9-45 years of age Pap test: Every three years age ≥ 21 or if sexually active until age 70 Pertussis during each pregnancy between 27-35 weeks gestation
	Flu Shot: Yearly Alcohol Recommendation Counselling	Smoking / Recreational Drug Use Cessation Counselling HPV Vaccination: Gardasil vaccine between 9-45 years of age
20's	 Blood Pressure: Every three years age ≥ 14 STI and Safe Sex Practice Counselling / Screening Height & Weight (BMI): Every three years age ≥ 7 	 Pap test: Every three years age ≥ 21 or if sexually active until age 70 Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis) Pertussis during each pregnancy between 27-35 weeks gestation
30 's	 Flu Shot: Yearly Alcohol Recommendation Counselling Blood Pressure: Every three years age ≥ 14 STI and Safe Sex Practice Counselling / Screening Height & Weight (BMI): Every three years age ≥ 7 	 Smoking / Recreational Drug Use Cessation Counselling HPV Vaccination: Gardasil vaccine between 9-45 years of age Pap test: Every three years age ≥ 21 or if sexually active until age 70 Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis) Pertussis during each pregnancy between 27-35 weeks gestation
40's	 Flu Shot: Yearly Hepatitis C screening Cholesterol: Every three years Alcohol Recommendation Counselling Blood Pressure: Every three years age ≥ 14 Fasting Blood Sugar/A1C: Every three years 	 STI and Safe Sex Practice Counselling / Screening Height & Weight (BMI): Every three years age ≥ 7 Smoking / Recreational Drug Use Cessation Counselling HPV Vaccination: Gardasil vaccine between 9-45 years of age Pap test: Every three years age ≥ 21 or if sexually active until age 70 Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis) Pertussis during each pregnancy between 27-35 weeks gestation
50 's	Flu Shot: Yearly Hepatitis C screening Colonoscopy: Every 10 years Cholesterol: Every three years Alcohol Recommendation Counselling Pneumovax and/or Prevnar 13 Vaccine Shingles Vaccine: Once age 50 and over Mammogram: Every 2 years until age 75	Blood Pressure: Every three years age ≥ 14 Fasting Blood Sugar/A1C: Every three years STI and Safe Sex Practice Counselling / Screening Height & Weight (BMI): Every three years age ≥ 7 Fecal Occult Blood Test: Every 2 years until age 75 Smoking / Recreational Drug Use Cessation Counselling Pap test: Every three years age ≥ 21 or if sexually active until age 70 Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)
60's	 Flu Shot: Yearly Hepatitis C screening Colonoscopy: Every 10 years Cholesterol: Every three years Alcohol Recommendation Counselling Pneumovax and/or Prevnar 13 Vaccine Shingles Vaccine: Once age 50 and over Mammogram: Every 2 years until age 75 Blood Pressure: Every three years age ≥ 14 	Fasting Blood Sugar/A1C: Every three years STI and Safe Sex Practice Counselling / Screening Height & Weight (BMI): Every three years age ≥ 7 Fecal Occult Blood Test: Every 2 years until age 75 Smoking / Recreational Drug Use Cessation Counselling Bone Mineral Density: once ≥ 65 then follow recommendations Pap test: Every three years age ≥ 21 or if sexually active until age 70 Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)
70+	Flu Shot: Yearly Hepatitis C screening Colonoscopy: Every 10 years Cholesterol: Every three years Alcohol Recommendation Counselling Pneumovax and/or Prevnar 13 Vaccine Shingles Vaccine: Once age 50 and over Mammogram: Every 2 years until age 75	 Blood Pressure: Every three years age ≥ 14 Fasting Blood Sugar/A1C: Every three years STI and Safe Sex Practice Counselling / Screening Height & Weight (BMI): Every three years age ≥ 7 Fecal Occult Blood Test: Every 2 years until age 75 Smoking / Recreational Drug Use Cessation Counselling Bone Mineral Density: once ≥ 65 then follow recommendations Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)

WOMEN



	Flu Shot: Yearly Promote Testicular Cancer Screening	STI and Safe Sex Practice Counselling / ScreeningHeight & Weight (BMI): Every three years age ≥ 7
Unde	Alcohol Recommendation Counselling	Smoking / Recreational Drug Use Cessation Counselling
20	Immunizations: As per childhood schedule	HPV Vaccination: Gardasil vaccine between 9-26 years of age
	 Blood Pressure: Every three years age ≥ 14 	The vaccination. Calculation vaccine between 3 23 years of age
	Flu Shot: Yearly	Height & Weight (BMI): Every three years age ≥ 7
	Promote Testicular Cancer Screening	Smoking / Recreational Drug Use Cessation Counselling
20 's	Alcohol Recommendation Counselling	HPV Vaccination: Gardasil vaccine between 9-26 years of age
203	Blood Pressure: Every three years age ≥ 14	Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)
	STI and Safe Sex Practice Counselling / Screening	
	Flu Shot: Yearly	STI and Safe Sex Practice Counselling / Screening
	Promote Testicular Cancer Screening	Height & Weight (BMI): Every three years age ≥ 7
30's	Alcohol Recommendation Counselling	Smoking / Recreational Drug Use Cessation Counselling
	Blood Pressure: Every three years age ≥ 14	Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)
	Elu Shot: Voarly	Cacting Plood Sugar/A1C: Every three years
	Flu Shot: Yearly Hepatitis C screening	Fasting Blood Sugar/A1C: Every three years
1	Cholesterol: Every three years	 STI and Safe Sex Practice Counselling / Screening Height & Weight (BMI): Every three years age ≥ 7
40 's	Alcohol Recommendation Counselling	Smoking / Recreational Drug Use Cessation Counselling
	Blood Pressure: Every three years age ≥ 14	Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)
	Flu Shot: Yearly	Fasting Blood Sugar/A1C: Every three years
	Hepatitis C screening	STI and Safe Sex Practice Counselling / Screening
	Colonoscopy: Every 10 years	Prostate Screening: Consult Health Care Provider
FO!-	Cholesterol: Every three years	Height & Weight (BMI): Every three years age ≥ 7
50's	Alcohol Recommendation Counselling	Fecal Occult Blood Test: Every 2 years until age 75
	Pneumovax and/or Prevnar 13 Vaccine Shingles Vaccine: Once and 50 and over	 Smoking / Recreational Drug Use Cessation Counselling Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)
	Shingles Vaccine: Once age 50 and overBlood Pressure: Every three years age ≥ 14	Tetalius Boostel. Every 10 years (1 dose ili additilood with Fertussis)
	Flu Shot: Yearly	STI and Safe Sex Practice Counselling / Screening
	Hepatitis C screening	Prostate Screening: Consult Health Care Provider
	Colonoscopy: Every 10 years	Height & Weight (BMI): Every three years age ≥ 7
	Cholesterol: Every three years	Fecal Occult Blood Test: Every 2 years until age 75
60's	Alcohol Recommendation Counselling	Smoking / Recreational Drug Use Cessation Counselling
	Pneumovax and/or Prevnar 13 Vaccine Shingles Vaccines Once and Ed and over	Bone Mineral Density: once ≥ 65 then follow recommendations Totalius Boostor: Every 10 years (1 dece in adulthood with Portugais)
	Shingles Vaccine: Once age 50 and over Blood Pressure: Every three years age ≥ 14	Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)
	Fasting Blood Sugar/A1C: Every three years	
	Flu Shot: Yearly	Fasting Blood Sugar/A1C: Every three years
	Hepatitis C screening	STI and Safe Sex Practice Counselling / Screening
	Colonoscopy: Every 10 years	Prostate Screening: Consult Health Care Provider
70.	Cholesterol: Every three years	Height & Weight (BMI): Every three years age ≥ 7
/0+	Alcohol Recommendation Counselling	Fecal Occult Blood Test: Every 2 years until age 75
	Pneumovax and/or Prevnar 13 Vaccine	Smoking / Recreational Drug Use Cessation Counselling
	Shingles Vaccine: Once age 50 and over	Bone Mineral Density: once ≥ 65 then follow recommendations Totanus Poostor: Every 10 years (1 does in adulthood with Portugais)
	Blood Pressure: Every three years age ≥ 14	Tetanus Booster: Every 10 years (1 dose in adulthood with Pertussis)

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