Preventive care checklist by decade

U.S. Preventive Services Task Force recommendations for adults who are not pregnant and have no symptoms, read November 16, 2026. From vitaldecades.com/tools/preventive-care-checklist/

Name: _____ Year of birth: _____

Screening	*For*	*30s*	*40s*	*50s*	*60s*	*70s*	*How often*	*Dates done*
☐ **High blood pressure**	Everyone	Yes	Yes	Yes	Yes	Yes	Yearly from 40; every 3 to 5 years before 40 if low risk	
☐ **Depression**	Everyone	Yes	Yes	Yes	Yes	Yes	No set interval	
☐ **Anxiety disorders**	Everyone	Yes	Yes	Yes	to 64		No set interval	
☐ **Unhealthy alcohol use**	Everyone	Yes	Yes	Yes	Yes	Yes	No set interval	
☐ **Unhealthy drug use**	Everyone	Yes	Yes	Yes	Yes	Yes	No set interval	
☐ **Tobacco use**	Everyone	Yes	Yes	Yes	Yes	Yes	No set interval	
☐ **HIV**	Everyone	Yes	Yes	Yes	to 65		At least once	
☐ **Hepatitis C**	Everyone	Yes	Yes	Yes	Yes	Yes	Once for most adults	
☐ **Colorectal cancer**	Everyone		from 45	Yes	Yes	to 75	Stool test yearly, colonoscopy every 10 years, or another option	
☐ **Intimate partner violence**	Women	Yes	Yes				No set interval	
☐ **Cervical cancer**	Women	Yes	Yes	Yes	to 65		Pap every 3 years; from 30, HPV every 5 years is an option	
☐ **Breast cancer**	Women		Yes	Yes	Yes	to 74	Every 2 years	
☐ **Osteoporosis**	Women				from 65	Yes	No set interval	
☐ **HIV**	Everyone at increased risk				from 66	Yes	At least once	
☐ **Hepatitis B**	Everyone at increased risk	Yes	Yes	Yes	Yes	Yes	Periodically while at risk	
☐ **Syphilis**	Everyone at increased risk	Yes	Yes	Yes	Yes	Yes	By risk; yearly or more often at high risk	
☐ **Latent tuberculosis**	Everyone at increased risk	Yes	Yes	Yes	Yes	Yes	Once to yearly, by risk	
☐ **Lung cancer**	Everyone with a 20 pack-year history, smoking now or quit under 15 years ago			Yes	Yes	Yes	Yearly	
☐ **Prediabetes and type 2 diabetes**	Everyone with overweight or obesity	from 35	Yes	Yes	Yes	to 70	Every 3 years may be reasonable	
☐ **Chlamydia and gonorrhea**	Women who are sexually active and at increased risk	Yes	Yes	Yes	Yes	Yes	Again when risk changes	
☐ **BRCA-related cancer risk**	Women with a personal or family history of breast,	Yes	Yes	Yes	Yes	Yes	Assessment, then counseling and testing if indicated	

Screening	*For*	*30s*	*40s*	*50s*	*60s*	*70s*	*How often*	*Dates done*
	ovarian, tubal or peritoneal cancer, or a linked ancestry							
☐ **Osteoporosis**	Women who are postmenopausal, with a fracture risk factor		Yes	Yes	to 64		No set interval	
☐ **Abdominal aortic aneurysm**	Men who have ever smoked					from 65 to 75	Once	

Not on this sheet

- **Vaccines.** CDC's adult schedule is in flux: the schedule CDC posts as current is its July 2, 2025 version, amended April 27, 2026, under a federal court order of March 16, 2026 (read on cdc.gov November 16, 2026). Ask your clinician or pharmacist which vaccines are due.
- **Selective and "not recommended" rows.** PSA testing at 55 to 69, colorectal screening at 76 to 85 and an aneurysm ultrasound for men 65 to 75 who never smoked are decisions to make with a clinician (grade C); the tool lists them, with the rows the Task Force recommends against.
- **Pregnancy, symptoms and a personal or family history.** Each changes the schedule; your clinician sets it.
- **Statements being updated.** The Task Force is finalizing new cervical cancer and unhealthy alcohol use recommendations and drafting new HIV, prostate cancer, tobacco cessation and BRCA risk assessment ones (read November 16, 2026). This sheet shows the statements in force on that date.
- **Other guidelines.** The American Cancer Society, the American College of Physicians and others set some ages differently; our screening pages compare them.

Sources: each row is from the Task Force's recommendation statement in force on November 16, 2026, listed with links on the start-age tool. General information, not medical advice. Free to use with credit: copy, print and hand out this sheet with credit to VitalDecades.