



# HEALTH and WELLBEING HABITS for all throughout life



	20s	30s	40s	50+
Physical with labs (annually)	✓	✓	✓	✓
Flu vaccine (annually)	✓	✓	✓	✓
STI screenings (if sexually active)	✓	✓	✓	✓
HPV vaccine (9 up to age 45)	✓	✓	✓	—
♀ Mammogram (females only - annually)	—	—	✓	✓
♀ Pelvic Exam (females only - annually)	✓	✓	✓	✓
♀ Cervical cancer screening (females only - annually)	✓	✓	✓	✓
Lung cancer screening (annually if eligible)	—	—	—	✓
Colorectal cancer screening (beginning at 45)	—	—	✓	✓
♂ Prostate cancer screening (males only)	—	—	—	✓
Osteoporosis screening (every 5 years)	—	—	—	✓
Dental exam	✓	✓	✓	✓
Eye exam	✓	✓	✓	✓
Skin exam	✓	✓	✓	✓

Visit the *Preventative Care Summary* webpage to find out more regarding:  
Immunizations for foreign travel - Smoking cessation - Routine vaccinations – Well-child care

Schedule an appointment today: **305-689-CARE (2273)**  
To locate a physician, visit [findaumdoc.com](http://findaumdoc.com)