

UtopiaWellCare



IN THIS GUIDE

18 TO 39 YEARS OLD

40 TO 64 YEARS OLD

65 YEARS AND OLDER

**SCHEDULE A
COMPREHENSIVE
HEALTH SCREENING
WITH A PRACTITIONER
YOU CAN TRUST**

GUIDE TO ANNUAL HEALTH SCREENINGS BY AGE

A well-person screening is typically covered by insurance and recommended on a yearly basis

The screening for ages 18 -39 are sometimes overlooked because your young enough to feel energetic and are typically in the throws of parenting and may even be sandwiched between caring for young children and older parents. This is precisely why screenings at this age are important.

The screenings completed for adults ages 40 to 64 years of age will continue annually based on your medical history.

By Age 65, many tests that were optional in the other categories will become recommended by age 65. These tests will also be more readily covered by insurance companies. These tests are essential to evaluating overall health and continuing to maintain health at this age. **For all ages** speak with your provider to determine if annual or biannual screenings are more appropriate.

SCREENINGS 18 - 39



This annual screening would typically include:

- **Weight and Height:** Annually
- **Blood Pressure:** Annually
- **Cholesterol Check:** Annually if there are known risk factors, otherwise every five years.
- **Skin Screening:** For lesions or moles that look suspicious.
- **Historical Illness Screenings:** For known family medical issues such as heart conditions, diabetes, and cancer.
- **Diabetes Screening:** Annually if there are known risk factors, otherwise bi-annually if BMI is greater than 25 or other lifestyle factors are present.
- **Immunizations**
- **Depression Screening**
- **Blood Work** is done annually and may include

What's in Blood Work

Blood Work is done annually and may include:

- HDL and LDL cholesterol (triglycerides, VLDL)
- Complete Blood Count
- Basic or Complete Metabolic Panel
- Thyroid Panel (TSH, T3, T4, Reverse T3, Thyroid Antibody test)
- Liver Enzyme Markers
- Sexually Transmitted Disease Tests
- Plasma Glucose



Extra Screenings for Women

- **Cervical Cancer Screening:** Pap smears every 3 years.
- **The HPV vaccine:** If not received as an adolescent
- **Breast Exam:** A self-exam should be performed by you at home monthly and by clinical provider yearly.
- **Sexually Transmitted Infections:** Depending on lifestyle or patient request. May include HIV, HPV, Chlamydia, Gonorrhea or other infections.

Extra Screenings for Men

- **Sexually Transmitted Infections:** Depending on lifestyle or patient request.
- **Testicular Exam:** Home self-exams can be done as well.

SCREENINGS 40 - 64



Additional health screenings, tests, and vaccines that **could** be done in this age bracket include:

- **Shingles Vaccine:** Two doses separated by 2 to 6 months given at age 50 and up.
- **Flu Shot:** Annually
- **Colorectal Screening:** Age 50 and up unless other risk factors are present.
- **Colonoscopy:** May be needed based on medical history.
- **Osteoporosis Screening:** Age 50 and up with risk factors.
- **Lung Cancer Screening:** Annually if a past smoker. According to the American Lung Association adults, age 55 years and up, can have this screening covered by their insurance.
- **Depression Screening:** Mental health assessment

There are different types of depression. The most common types are:

- **Major depression**, which causes persistent feelings of sadness, anger, and/or frustration. Major depression lasts for several weeks or longer.
- **Persistent depressive disorder**, which causes depressive symptoms that last two years or more.
- **Postpartum depression.** Many new mothers feel sad, but postpartum depression causes extreme sadness and anxiety after childbirth. It can make it hard for mothers to care for themselves and/or their babies.
- **Seasonal affective disorder (SAD).** This form of depression usually happens in winter when there is less sunlight. Most people with SAD feel better in the spring and summer.
- **Psychotic depression** occurs with psychosis, a more serious psychiatric disorder. Psychosis can cause people to lose touch with reality.
- **Bipolar disorder** formerly called manic depression. People with bipolar disorder have alternating episodes of mania (extreme highs or euphoria) and depression.

Fortunately, most people with depression feel better after treatment with medicine and/or talk therapy.

Extra Screenings for Women

- **Annual Blood Work:** Continue annual exams as established in earlier years.
- **Mammogram:** Annually or Bi-annually based on your risk factors.
- **Pelvic Exam:** Physical exam and Pap smear every 3 years or more frequently based on history and risk factors.

Extra Screenings for Men

- **Prostate Exam:** Age 50 and up unless other risk factors are present.





SCREENINGS 65 +

All the previous yearly tests will continue with these additions:

- **Colorectal Cancer Screening:** Baseline test if not done previously and continued tests based on baseline results.
- **Height and Weight:** Although this is a screening performed every year, as you age height becomes more important as shrinking height could be a sign of osteoporosis.
- **Fall Prevention Screening:** Baseline and then as needed.
- **Depression Screening:** Mental health assessment
- **High Dose Flu Vaccine:** Fluzone High-Dose is only available to adults 65 years old and older according to the

Resilient Immune System to help prevent and rebound from viral infections:

Resilience is the process that allows individuals to adapt to adverse conditions and recover from them. A resilient immune system has a positive effect on lifelong health. The immune system maintains good health and helps prevent disease by protecting us from harmful substances such as bacteria, viruses and toxins, and by removing malignant cells from our system.

A resilient immune system is capable of returning to homeostasis – a healthy state of wellbeing – after an external challenge. An effective working immune system will fight e.g. infections and will down-regulate the immune response once an infection is cleared to prevent harmful responses against the bodies' own tissue.

As you grow older, the functioning of your immune system declines. Overall, the immune system responds slower and less effectively, thereby becoming less efficient in its defenses and increasing the risk of getting ill. Besides ageing, the immune system can also be impacted by malnutrition, disease or genetic disorders. When the immune system functions less effectively, this leads to a higher risk of a variety of health issues, such as: slower recovery, infections, chronic inflammation, cancer, immobility or autoimmune disorders. It's therefore important to provide additional support for the immune system throughout life. Working with a preventive health practitioner to support immune resilience is an effective way to support longevity.

[Book a Consultation Today](#)

Extra Screenings for Women

- **Cervical Cancer Screening:** Most women can stop having Pap smears if they have no history of cervical cancer. If a hysterectomy has taken place then no pelvic exam may be necessary.
- **Osteoporosis Screening:** Women are at higher risk for osteoporosis and will be screened more regularly at this age. (Baseline at 65 years old, if not already established, and additional screening based on the results)

Extra Screenings for Men

- **Prostate Screenings:** Continue annually.
- **Osteoporosis Screening:** Every 5 years after the baseline is established.

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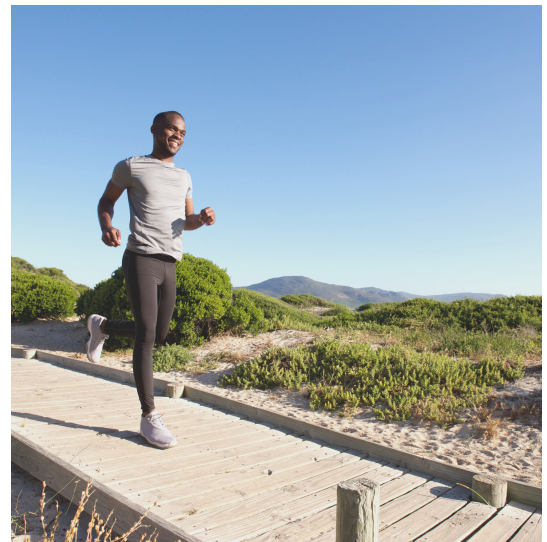




Schedule A Comprehensive Health Screening With a Practitioner You Trust.

Seize the Opportunity

Your annual health screening is an opportunity to take control of your personal health and work with your provider to make shared decisions. Services available to you may differ based on your history, current symptoms, and health insurance provider.



Let Our Dietitians Help You Develop a Stellar Preventive Health Plan with all the key screening tools to optimize your health.

Book a Consultation Today.