



Alamos IPA
 Brookshire IPA
 Lakewood IPA
 St. Mary IPA

Recommended Tests to Maintain Your Health!

TEST	HOW OFTEN TEST SHOULD BE COMPLETED
Blood Pressure	Blood pressure should be taken every year to monitor control at less than 140/90. If diagnosed with hypertension, blood pressure should be monitored more frequently.
Cholesterol Test	For those individuals who are at risk for heart disease or high cholesterol, an LDL- C test should be done every year .
Colorectal Test	Individuals ages 50-75 should have one of the three tests: <ul style="list-style-type: none"> • Colonoscopy (every 10 years) • FlexSigmoidoscopy (every 5 years) • Stool test to check for blood every year
Diabetes Screening	For those with diabetes, must yearly have: <ul style="list-style-type: none"> • Eye exam • Kidney function test • Cholesterol check • Blood sugar lab (Hemoglobin A1c)
Flu Vaccine	It is best to have the flu vaccine every year before flu season to be protected from the flu.
Glaucoma Test	A glaucoma test should be done at least once a year by an eye doctor to help prevention of glaucoma.
Mammogram	Women ages 40-74 should have a mammogram every 1-2 years .
Osteoporosis	Women 67 years of age and older who have had a fracture, a bone mineral density test or medication is recommended within 6 months after the fracture .
Pap Smear	Women ages 21- 67 should have a pap smear done once every 3 years . If high risk for cervical cancer, follow doctor's recommendations.
Pneumonia Vaccine	To prevent pneumonia, the pneumonia vaccine should be taken at least once or twice in an individual's life time.
Rheumatoid Arthritis Management	Individuals diagnosed with Rheumatoid Arthritis should be prescribed an anti-rheumatic drug by their doctor.
Monitoring Medications Taken on Long Term Basis	At least once a year a Comprehensive Metabolic Panel Lab should be completed to ensure the medication(s) is still safe and effective.
Yearly Physical Exam	A yearly physical exam will help maintain your overall health. This visit will : <ul style="list-style-type: none"> • Allow your doctor to discuss your present medical concern and medical history • Complete a physical exam • Order appropriate tests as needed

The tests above will help maintain good health, and also prevention or control of diseases. For more information on the tests above or to schedule a visit, please call your Primary Care Doctor.

Guidelines are based on U.S. Preventive Services Task Force (USPSTF) recommendations.

