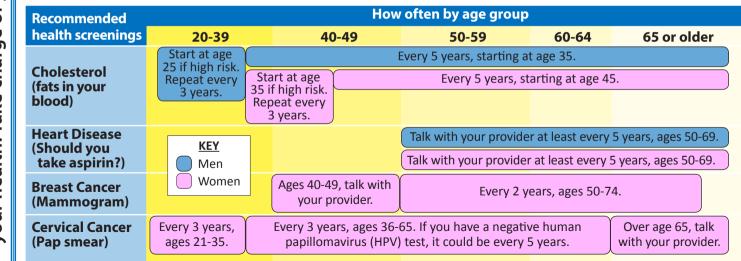
This table shares **2018** information about **how often to get the following tests** based on your sex and age group. Guidelines for blood sugar are from American Diabetes Association (ADA) Standards of Medical Care in Diabetes.

All other recommendations are from the United States Preventive Services Task Force (USPSTF).

Please turn this over ? to learn more about recommended screenings for everyone.

For more information about recommended screenings, visit www.SafeAndHealthyMe.alaska.gov.



There are tests that help **determine your risk** for heart disease, stroke, diabetes, cancer and injuries. Everyone can reduce their chances of getting these diseases or getting hurt. The following table shares **2018** information about how often to get these tests based on your age.

Please turn this over **3** to learn more about **recommended screenings for men and women**.

Recommended	How often by age group					
health screenings	20-39	40-49	•	50-59	60-64	65 or older
Tobacco Use	Every health care visit.					
Weight	Every year.					
Blood Pressure	Ages 18-39: every 3-5 years with BP <120/80 and no risk factors. Check yearly if BP ≥120/80, overweight/obese, African American, or have diabetes. Over age 39, check yearly.					
Blood Sugar/ Glucose (diabetes/ prediabetes)	more than 9 pounds at birth, family history). If normal, repeat at least every 3 years through age 44.		Starting at age 45, every 3 years, but more often if you are overweight or obese, you have high blood pressure or are taking medication for high blood pressure, you exercise fewer than 3 times a week, and/or there are changes in your risk status.			
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Colon Cancer	Start at age 40 are Alaska Na high risk		ativé or	Start at age 50 if you are not high risk. There are several possible tests, each with different recommendations. Talk with your provider about which is best for you.		
Preventing Slips and Falls	Everyone					Every year, starting at age 65.