

2026 PREVENTIVE CARE TIMELINE FOR ADULTS

EVERY YEAR

**Annual wellness visit.
Blood pressure check.
BMI review.**

80% of adults are up-to-date on breast cancer screening, 75% on cervical screening and 67% on colorectal screening according to 2023 national estimates.



EVERY 3 - 5 YEARS

**Cholesterol panel.
Diabetes screening for
adults without risk factors.
Eye exam if vision is stable.**

Screening adherence varies widely with 1 in 4 adults reporting they are not up-to-date on recommended health screenings.



BEGINNING IN THE 40S

**Skin cancer check.
Baseline heart health review.
Review of family risk factors.**

Colorectal cancer incidence is rising among adults younger than 65 with a 3% annual increase in cases among adults aged 20-49.



AGES 45 - 50

**Colorectal cancer screening.
Mammograms for eligible individuals.
Prostate health discussion.**

Only 37% of adults aged 45-49 are getting screened for colorectal cancer, despite updated guidelines.



EVERY YEAR AFTER 60

**Vision and hearing checks.
Bone density evaluation as recommended.
Fall risk screening.**

Among adults 65+ colorectal cancer mortality continues to decline by >2% per year, reinforcing the value of consistent screening in later adulthood.

