RECOMMENDED YOUNG ADULT HEALTH SCREENINGS

Many chronic conditions - or their prevention - start in the younger years. Identifying and treating these early can improve health later.



SCREENINGS

- Blood pressure, every 3-5 years Be sure you are up to date with:
- Cholesterol, depending on risk factors
- Cervical cancer Pap test, every 3 years
- Infectious disease may include syphilis and chlamydia
- Hepatitis C one-time test
- HIV one-time test
- Depression and anxiety

VACCINES

- Flu (annual)
- Tetanus-diphtheria and acellular pertussis (Tdap)
- Varicella
- Hepatitis B
- Measles, mumps, and rubella (MMR)
- Human Papillomavirus (HPV)

Based on your medical history, your doctor may suggest something different.

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