

Adult Preventive Care

Ages 18-49



Preventive visits are essential for staying healthy. This is a once a year check-up with your health care provider. These visits are important and will include a complete physical exam in which height, weight and blood pressure will be measured. Your health history will be reviewed, as well as any medications you are taking. You will be able to discuss the need for, and frequency of, recommended screenings based on your risk factors. Your provider will also be able to offer counseling advice for getting or staying healthy.

Regular check-ups, the right screening tests, and a healthy lifestyle can help prevent or detect life-threatening chronic diseases such as heart disease, diabetes and cancer.

Recommendations for screening exams for women ages 18-49:

- Cervical cancer/Pap test screening: every three years starting at age 21, or every five years starting at age 30 if combined with HPV testing
- Mammogram (with or without clinical breast exam): Based on risk factors; ask your provider
- Chlamydia screening: Annually if sexually active at age 24 or younger, or if high risk, age 25 and older
- Colorectal cancer screening: if high risk, ask your provider

Recommendations for screening exams for men ages 18-49:

- Colorectal cancer screening: if at high risk, ask your provider

Immunization schedule

Immunizations continue to be important, no matter what age. Recommended immunizations may include tetanus/diphtheria/pertussis (Tdap), tetanus (Td), influenza (Flu) and human papillomavirus (HPV).

Flu shots are offered each year October-March. Some locations offer flu clinics throughout the season. Flu shots are also available by appointment during these months.

Tdap	If not previously administered
Td	Every 10 years
Flu	Annually
HPV	3 doses by age 26
Pneumococcal (PCV13 & PPSV23)	If high risk, ask your doctor

Please call to make an appointment.

Hancock Family Health Center
Family Practice (906) 483-1060
Pediatrics (906) 483-1700
OB/GYN (906) 483-1050
Houghton Family Health Center (906) 483-1860
Lake Linden Family Health Center (906) 483-1030

Ontonagon Community Health Center (906) 884-4120
Gwinn Family Health Center (906) 346-9275
Sawyer Family Health Center (906) 346-9275
Calumet Family Health Center (906) 483-1177
Ice Lake Family Health Center (906) 265-5378
Menominee Family Health Center (906) 290-5000

