

# SCREEN & PREVENT

**Total** health

Screening tests can find diseases early, when they are easier to treat. Talk with your doctor about which tests are right for you and when you should have them. The following are general guidelines based on recommendations of the U.S. Preventive Services Task Force and other preventive medicine experts:

- **Blood pressure** – Have your blood pressure checked at least every two years, more often if you are overweight or have a risk factor related to age or race.
- **Cholesterol** – You should have your cholesterol checked at least every five years.
- **Diabetes** – You should be screened for diabetes if you are overweight/obese, 45+ years of age, or have other risk factors.
- **Depression** – If you've felt sad or hopeless and have felt little interest or pleasure in doing things for 2 weeks straight, talk with your doctor.
- **Cancer** – Preventive screenings are recommended for many cancers, including colorectal, prostate, breast, cervical, and skin. Talk to your doctor to determine when to start screening for specific cancers.