

Health Screenings: WOMEN IN YOUR 20'S & 30'S

H-E-B
Wellness
PRIMARY CARE

AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early - the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here is a handy guide of important medical tests and screenings.



Cervical Cancer Screening



BRCA 1 & 2 Genetic Counseling/Testing

Based on personal and family history



Blood Pressure Screening



BMI Screening
Height & Weight



Intimate Partner Violence Screening



Depression & Anxiety Screening

(PHQ9 & GAD7)



Drug, Alcohol & Tobacco Screening



Vaccines

Flu, Tetanus, HPV & Covid-19



Labs

Lipid Panel & STI Screening

Disclaimer: This is an approximate timeline, and does not represent a complete list of possible health screenings. The age and frequency of screenings may change based on your personal health risks and family history. Talk to your doctor to determine which medical tests are right for you.

Health Screenings: MEN IN YOUR 20'S & 30'S

AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early - the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here is a handy guide of important medical tests and screenings.



Blood Pressure Screening



BMI Screening
Height & Weight



Intimate Partner Violence Screening



Depression & Anxiety Screening
(PHQ9 & GAD7)



Drug, Alcohol & Tobacco Screening



Vaccines
Flu, Tetanus, HPV & Covid-19

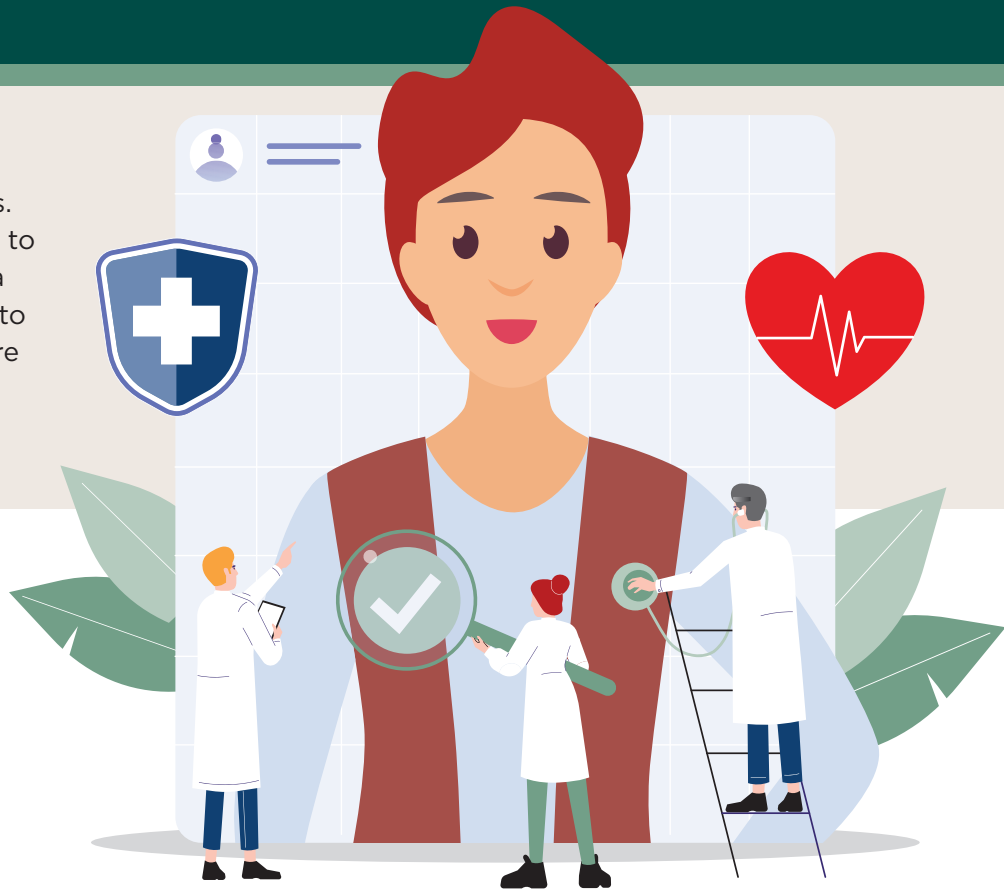


Labs
Lipid Panel & STI Screening

Disclaimer: This is an approximate timeline, and does not represent a complete list of possible health screenings. The age and frequency of screenings may change based on your personal health risks and family history. Talk to your doctor to determine which medical tests are right for you.

Health Screenings: WOMEN IN YOUR 40'S

AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early – the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here is a handy guide of important medical tests and screenings.



Cervical Cancer Screening



Mammogram



Blood Pressure Screening



BMI Screening
Height & Weight



Intimate Partner Violence Screening



Depression & Anxiety Screening
(PHQ9 & GAD7)



Drug, Alcohol & Tobacco Screening



Colon Cancer Screening At 45 Years Old



Vaccines
Flu, Tetanus, & Covid-19



Labs
Lipid Panel, Glucose Screening & STI Screening as indicated

Disclaimer: This is an approximate timeline, and does not represent a complete list of possible health screenings. The age and frequency of screenings may change based on your personal health risks and family history. Talk to your doctor to determine which medical tests are right for you.

Health Screenings: MEN IN YOUR 40'S

H-E-B
Wellness
PRIMARY CARE

AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early - the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here is a handy guide of important medical tests and screenings.



Prostate Cancer Screening

(Based on risk and patient preference)



Blood Pressure Screening



BMI Screening

Height & Weight



Intimate Partner Violence Screening



Depression & Anxiety Screening

(PHQ9 & GAD7)



Drug, Alcohol & Tobacco Screening



Colon Cancer Screening At 45 Years Old



Vaccines

Flu, Tetanus, & Covid-19



Labs

Lipid Panel, Glucose Screening & STI Screening as indicated

Disclaimer: This is an approximate timeline, and does not represent a complete list of possible health screenings. The age and frequency of screenings may change based on your personal health risks and family history. Talk to your doctor to determine which medical tests are right for you.

Health Screenings: WOMEN IN YOUR 50'S

AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early – the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here is a handy guide of important medical tests and screenings



Cervical Cancer Screening



Mammogram



Blood Pressure Screening



BMI Screening
Height & Weight



Intimate Partner Violence Screening



Depression & Anxiety Screening
(PHQ9 & GAD7)



Drug, Alcohol & Tobacco Screening



Colon Cancer Screening



Lung Cancer Screening
Recommended for adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years



Vaccines
Flu, Tetanus, Shingles & Covid-19



Labs
Lipid Panel, Glucose Screening & STI Screening as indicated

Health Screenings: MEN IN YOUR 50'S

H-E-B
Wellness
PRIMARY CARE

AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early – the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here's a handy guide of important medical tests and screenings.



Prostate Cancer Screening

(Based on risk and patient preference)



Blood Pressure Screening



BMI Screening

Height & Weight



Intimate Partner Violence Screening



Depression & Anxiety Screening

(PHQ9 & GAD7)



Drug, Alcohol & Tobacco Screening



Colon Cancer Screening



Lung Cancer Screening

Recommended for adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years



Vaccines

Flu, Tetanus, Shingles & Covid-19



Labs

Lipid Panel, Glucose Screening & STI Screening as indicated

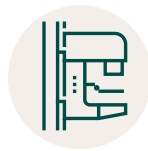
Disclaimer: This is an approximate timeline, and does not represent a complete list of possible health screenings. The age and frequency of screenings may change based on your personal health risks and family history. Talk to your doctor to determine which medical tests are right for you.

Health Screenings: WOMEN IN YOUR 60'S+

AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early – the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here is a handy guide of important medical tests and screenings.



Cervical Cancer Screening



Mammogram



Bone Density Testing
Recommend at 65 years old or sooner based on risk



Blood Pressure Screening



BMI Screening
Height & Weight



Intimate Partner Violence Screening



Depression & Anxiety Screening
(PHQ9 & GAD7)



Drug, Alcohol & Tobacco Screening



Colon Cancer Screening



Lung Cancer Screening
Recommended for adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years



Vaccines
Flu, Tetanus, Shingles, Covid-19 & Pneumonia



Labs
Lipid Panel, Glucose Screening & STI Screening as indicated

Disclaimer: This is an approximate timeline, and does not represent a complete list of possible health screenings. The age and frequency of screenings may change based on your personal health risks and family history. Talk to your doctor to determine which medical tests are right for you.

Health Screenings: MEN IN YOUR 60'S+

AS YOU AGE, your risk for certain diseases and health conditions changes. Regular check-ups and screenings help to catch warning signs early – the earlier a health issue is detected, the easier it is to treat. To take charge of your health, here is a handy guide of important medical tests and screenings.



Prostate Cancer Screening

(Based on risk and patient preference)



Blood Pressure Screening



BMI Screening

Height & Weight



Intimate Partner Violence Screening



Depression & Anxiety Screening

(PHQ9 & GAD7)



Drug, Alcohol & Tobacco Screening



Colon Cancer Screening



Lung Cancer Screening

Recommended for adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years



AAA Screening

One time for men age 65-75 who are current or former smokers



Vaccines

Flu, Tetanus, Shingles, Covid-19 & Pneumonia



Labs

Lipid Panel, Glucose Screening & STI Screening as indicated