

HEALTH SCREENING FOR YOUNG ADULT

Complete Wellness Exam

You should visit your health care clinician from time to time, even if you are healthy. The purpose of these visits is to:

- Screen for medical issues
- Assess your risk for future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Help you get to know your provider in case of an illness

Blood Pressure Screening

- Have your blood pressure checked at each visit. Normal blood pressure is below 140/90.

Diabetes Screening

- If you have a body mass index (BMI) greater than 25 or have other risk factors for diabetes, you should be screened. Having a BMI over 25 means that you are overweight.

Dental Exam

- Go to the dentist once or twice every year for an exam and cleaning. Your dentist will evaluate if you have a need for more frequent visits.

Eye Exam

- Have an eye exam every 1-2 years even if you do not have vision problems.

Immunizations

- You should get a flu shot every year.
- After age 19, you should have one tetanus-diphtheria and acellular pertussis (TDAP) vaccine as one of your tetanus-diphtheria vaccines. You should have a tetanus-diphtheria booster every 10 years.
- You should receive 2 doses of varicella vaccine if you were born after 1980 and have never had chickenpox or the varicella vaccine.
- Your clinician may recommend other immunizations if you are at high risk for certain conditions such as pneumonia.

Ask your provider about the human papilloma virus (HPV) vaccine if you are between the ages 18 to 26 and you have:

- Not received the HPV vaccine in the past (you will need all three shots)
- Not completed the full vaccine series (you should catch up on this shot)