

Your 10-Year Health Review

Screening and milestone record, 2016 to 2026 · With our compliments

Prepared for: _____

Last updated (month, year): _____

How to fill it in. In the year it was done, write N normal, A abnormal or needed follow-up, D done, result unknown. Leave blank if not done. Write ? if you are not sure. Year only; no exact dates. Best recollection is fine. Anything marked A or ? is worth raising with your physician.

SCREENING OR VISIT	USUAL INTERVAL*	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	NEXT DUE
EXAMS AND VISITS · everyone													
Primary care physical	Every year												
Dental exam and cleaning	Every 6 months												
Eye exam, dilated, with eye pressure	Every 1 to 2 years												
Full-body skin exam	Every year												
Hearing test	Baseline by 50; every 3 years												
Advance directive and health care proxy	Every 5 years or life change												
CANCER SCREENING · everyone													
Colonoscopy, or stool test (name it)	From 45; every 10 years												
Low-dose lung CT	Yearly 50–80 if smoking history												
Hereditary cancer risk review (genetics)	Once; update as family changes												
HEART, VESSELS AND METABOLISM · everyone													
Blood pressure, measured	Every visit; home log yearly												
Cholesterol panel with ApoB	Every year												
Lipoprotein(a)	Once in a lifetime												
Blood sugar (A1c or alternative test)	Every year												
Coronary calcium score	Baseline 40–50; repeat 3–5 years												
ECG or stress test	Baseline, then as indicated												
Abdominal aorta ultrasound	Once, 65 to 75, if ever smoked												
Kidney (creatinine, cystatin C, urine test)	Every year												
Liver panel, thyroid, vitamin D, B12	Every year												
IMMUNIZATIONS													
Influenza and COVID-19	Every year												
Tetanus (Td or Tdap)	Every 10 years												
Shingles (2 doses)	Once, from 50												
Pneumococcal	Once, from 50												
RSV	Once, 75+, or 50+ with risk												
Hepatitis B series; travel vaccines	Per status and itinerary												

Your 10-Year Health Review, continued

SCREENING OR VISIT	USUAL INTERVAL*	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	NEXT DUE
LONGEVITY BASELINE · the PBH Health standard, everyone													
DEXA bone density	By 65 (women), 70 (men)												
DEXA body composition (fat, lean, visceral)	Baseline; every 6 to 12 months												
Cardio fitness (VO2 max test or estimate)	Every year												
Grip strength and functional tests	Every year												
Sleep study or home sleep test	Once if symptoms or risk												
Continuous glucose monitor, 14 days	Baseline, then as needed												
Cognitive baseline	Baseline by 60; every 2–3 years												
Mood and stress screen	Every year												
Omega-3 index, hs-CRP, homocysteine	Every year												
WOMEN													
Well-woman and pelvic exam	Every year												
Cervical screening (Pap, HPV)	21 to 65; every 3 to 5 years												
Mammogram	From 40; every 1 to 2 years												
Breast ultrasound or MRI	If dense tissue or high risk												
Menopause and hormone review	At transition; yearly if treated												
MEN													
Prostate screening discussion and PSA	From 50; 40–45 if higher risk												
Testosterone, total and free, morning draw	Baseline; yearly if low or treated												
ONCE IN A LIFETIME													
Hepatitis B and C screening	Once												
HIV screening	Once, repeat by risk												
Hemoglobin trait (sickle cell, thalassemia)	Once												
YOUR SPECIALISTS · write in the specialty													
Specialist 1: _____													
Specialist 2: _____													
Specialist 3: _____													
Other (imaging, procedures, hospital stays):													

*Usual intervals are general guidance for adults at average risk. Your own schedule should be set with your physicians, based on your history and results. This record is for your personal use and is not medical advice.

Rather not do this alone? PBH Health LLC can complete it with you, gather your records, and turn what it shows into a plan. Book a Complimentary Conversation at pbhhealthllc.com.