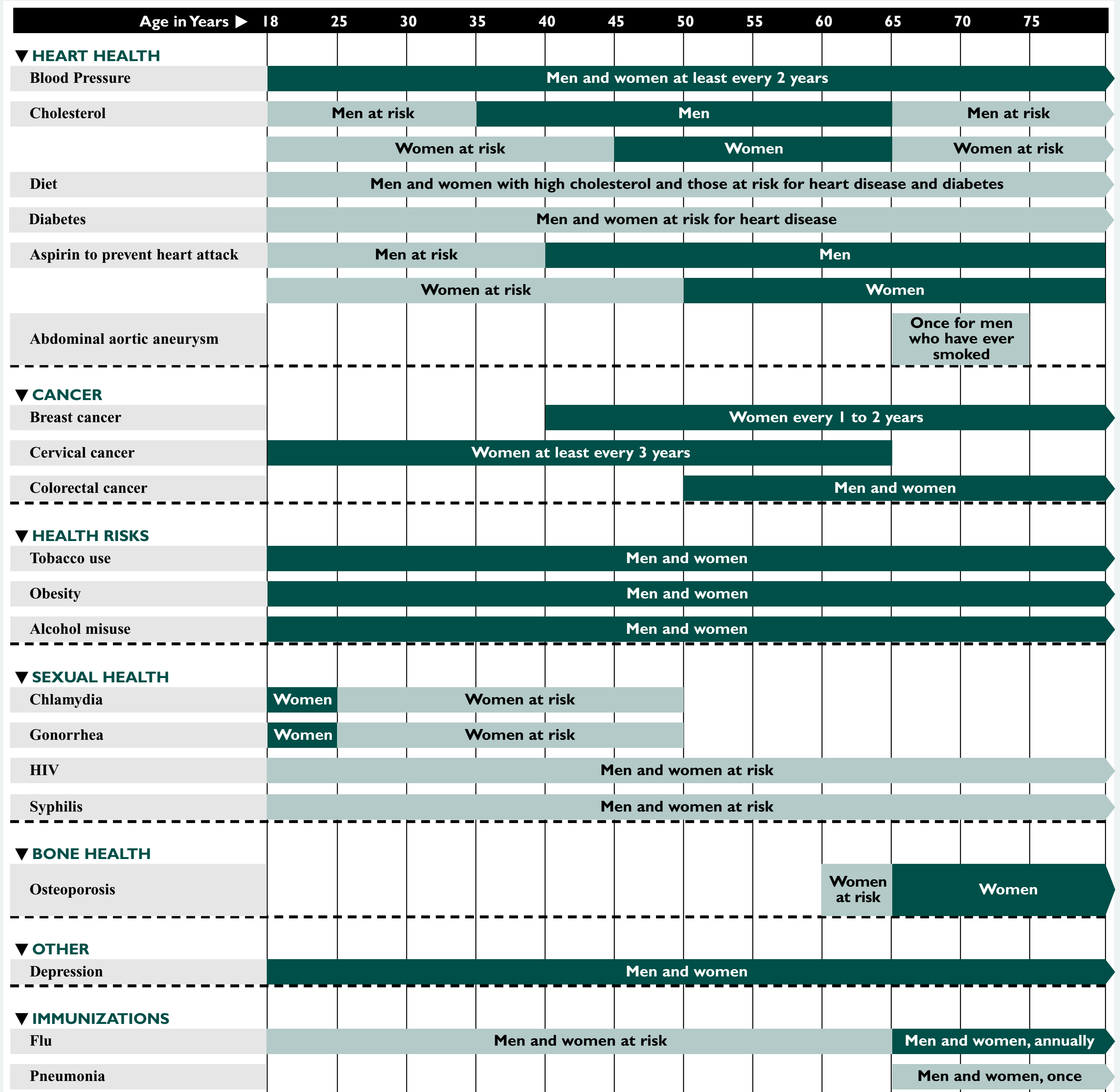


Adult Preventive Care Timeline

The most important things you can do to prevent disease and be healthy are:

Be tobacco free • Be physically active • Eat a healthy diet

Get the right kinds of preventive health services—screenings, counseling, and preventive medicines—at the right times. This chart will tell you what you need and when you need it.



There are some preventive services that people should take advantage of throughout their later adult years. These services are identified by arrows that continue past the last age category on the chart.

Other preventive services offer less benefit at older ages depending on health status. Older adults should talk with their doctors about the services identified by arrows to determine whether a preventive service is right for them.

These clinical preventive services are recommended by the U.S. Preventive Services Task Force. For additional materials, see www.preventiveservices.ahrq.gov

What does it mean to be "at risk?" You may be at increased risk for a specific disease or condition. Risk may be based on your family history, tobacco use, and other behaviors, such as lack of physical activity, or other health conditions, such as diabetes.

