

Recommended Screenings & Vaccinations for Adults Ages 18-65+



Show this chart to your primary care provider (PCP) and ask him or her any questions you have about these guidelines. Our guidelines are for people who do not have symptoms of disease or illness. People who do show symptoms of disease or illness fall outside these guidelines and should be treated by their providers as needed.

All or some of these services may be covered by True Health New Mexico, depending on your policy. These guidelines are not a guarantee of True Health New Mexico coverage.

	18-29 Years	30-39 Years	40-49 Years	50-65+ Years
Routine Health Exam	Every 1-3 years, depending on risk factors.			
Includes personal history, blood pressure, body mass index (BMI), physical exam, and counseling.				
Recommended Screenings				
Blood Pressure (Hypertension)	Check every 3-5 yrs. for ages 18-39 yrs. not at increased risk.	Check yearly for adults 40 & older, and adults at higher risk.		
Body Mass Index (BMI)	Recommended screening for all adults.			
Depression	Recommended screening of adults when systems are in place to ensure accurate diagnosis, treatment, and follow-up.			
Tobacco and Alcohol	Recommended screening for all adults about tobacco use and alcohol misuse.			
Cholesterol	Up to provider's discretion to screen those ages 21-39.	Screen men and women 40 and older.		
Diabetes (type 2)	Screen adults ages 35-70 years who are overweight/obese. Screen asymptomatic pregnant women after 24 weeks of gestation.			
Bone Mineral Density (BMD) Test (Women)	Screen women <65 years only with additional risk factors for fracture.			Screen all women ≥65 years.
Cancer Screenings				
Colorectal Cancer				Screen with colonoscopy and other approved methods from ages 45-75.
Skin Cancer Counseling	Counsel adults ages 18-24 years about minimizing exposure to UV radiation to reduce skin cancer risk.			
Breast Cancer (Women)				Biennial mammography.
Cervical Cancer Screening (Women)	Not recommended <21 years.	Pap test every 3 years for ages 30-65 years or a combination of Pap test and human papillomavirus (HPV) testing every 5 years.		
	Pap test every 3 years for ages 21-29 years.			

 Recommended age for all adults

 Not recommended

 Special circumstances. If you have any medical conditions that put you at risk for infections or you are traveling outside the U.S., talk to your doctor about additional vaccines that you may need.

	18-29 Years	30-39 Years	40-49 Years	50-65+ Years
Sexually Transmitted Infections Screenings				
Chlamydia	All pregnant women at increased risk. All sexually active women age 24 years and younger.			
Gonorrhea	All pregnant women at increased risk. All sexually active women age 24 years and younger. Sexually active, nonpregnant women at increased risk.			
HIV	All pregnant women. Sexually active, nonpregnant women at increased risk. Sexually active men at increased risk.			
Syphilis	All pregnant women. Sexually active, nonpregnant women at increased risk. Sexually active men at increased risk.			
Hepatitis	All pregnant women.			
Immunizations				
Influenza (Flu)	Flu vaccine every year.			
Meningococcal (Meningitis)	1 or more doses if not previously immunized, depending on risk factors and other indicators.			
Pneumococcal	A single dose of PPSV23 is recommended for routine use in all adults aged 65 and up.			
Tetanus, Diphtheria, Pertussis (Td/Tdap)	1 dose of Tdap/Td booster every 10 years.			
Shingles (Zoster)				2 doses beginning at age 50.
COVID-19	Ages 12 and up.			
Human Papilloma Virus (HPV)	Ages 9-26.			

Vaccine-Preventable Diseases and the Vaccines that Prevent Them				
Disease	Vaccine	Disease Spread by	Disease Symptoms	Disease Complications
Diphtheria	DTaP vaccine	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of heart muscle, heart failure, coma, paralysis, death
Influenza (Flu)	Flu vaccine	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia
Meningococcal	Vaccines help protect against all three serogroups (B, C, Y).	Direct contact, saliva	Fever, headache, stiff neck, nausea, vomiting, confusion	Long-term disabilities, such as loss of limb(s), deafness, nervous system problems, brain damage
Pertussis (whooping cough)	DTaP vaccine	Air, direct contact	Severe cough, runny nose, apnea	Pneumonia, death
Pneumococcal	PCV vaccine	Air, direct contact	May be no symptoms; pneumonia	Bacteremia, meningitis, death
Tetanus	DTaP vaccine	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death
Herpes Zoster (shingles)	Zoster vaccine	Direct contact	Pain, itching, tingling in the area where rash will develop	Painful rash that usually develops on one side of the body, often face or torso
COVID-19	COVID-19 vaccine	Air, close contact	Fever/chills, cough, shortness of breath, fatigue, body aches, headache, new loss of taste and smell, sore throat, congestion/runny nose	Pneumonia, acute respiratory distress syndrome, multi-organ failure, septic shock, death
Human Papillomavirus (HPV)	HPV	Direct contact	Genital warts, common warts, plantar warts, and flat warts.	Cervical and other cancers, incl. cancer of vulva, vagina, penis, anus, back of throat, incl. base of tongue & tonsils.