



UNIVERSITY OF COLORADO  
HOSPITAL



Women's Integrated  
Services in Health

## Screening Packages

Age 60 is when good health is appreciated.  
Osteoporosis screening is essential.

### WHAT YOU NEED

- Osteoporosis Screening at age 65
- Colonoscopy (Then every 10 years if normal)
- Tetanus Booster (Every 10 years)
- Flu immunization (Annually)
- Pneumonia Vaccine (At age 65)

# 60s

Age	61	62	63	64	65	66	67	68	69
Pap Smear – Every 3 Years (If last 3 were normal)			■			■			■
Annual Check-up w/Breast & Pelvic Exam (Looking for breast abnormalities or lumps that be cancerous)	■	■	■	■	■	■	■	■	■
Annual Blood Pressure Check (Looking for signs of heart disease)	■	■	■	■	■	■	■	■	■
Oral Health – Dental/Oral Exam (1-2 times every year)	■	■	■	■	■	■	■	■	■
Skin Health – Yearly by a health care provider (Monthly mole self exam)	■	■	■	■	■	■	■	■	■
Colorectal Health – Fecal occult blood test	■	■	■	■	■	■	■	■	■
Mammogram (Yearly)	■	■	■	■	■	■	■	■	■
Immunizations – Influenza vaccine (Pneumococcal vaccine, 1 at age 65)	■	■	■	■	■	■	■	■	■
Glucose Test for Diabetes (Every 1-2 years)	■		■		■		■		■
Thyroid Screening (Every 3-5 years) (Looking for hormone abnormalities)			■			■			■
Cholesterol/Lipid Panel (Every 3 years) (Screening for high cholesterol that increases the risk of heart attack & stroke)			■			■			■
Tetanus/Diphtheria Booster Vaccine (Every 10 years)	■								
Eye and Ear Health (Every 2 years)		■		■		■		■	
General Health (Full check-up including weight & height), Cancer Screening, Mental Health (Depression Screening), Health Behavior Assessment, Bone Health									

Discuss with your health care provider

8/06