Partnering for your best health

Health maintenance guidelines: checkups, screenings and immunizations

2026

Key

Recommended

These recommendations, based on guidelines set by the United States Preventive Services Task Force (USPSTF), the American College of Radiology, the California Department of Public Health, and the West Coast Health Alliance, have been identified as having high certainty that the net benefit is moderate to substantial.

Note: Annual breast cancer screening, while not a USPSTF recommendation, is a Sutter Health best practice based on the National Comprehensive Cancer Network recommendation.

Gender: The words "male" and "female" are used, rather than gender identity. Consider your sex at birth and current anatomy and consult with your clinicians.

Individualized/patient-clinician shared decisions

Optional items are appropriate for some patients. Discuss with your care team if these items will benefit your health.

These guidelines may vary for patients with personal or family health risks or who take certain medications.

Certain patients who belong to high or special risk groups may have unique or additional recommendations. Consult with your clinician.

New = *Updated or changed for 2026*

Stay up-to-date

Changes to recommendations occur throughout the year. Scan to view the most recent recommendations on **sutterhealth.org**

Birth to 17

Checkups

Visits at 1, 2, 4, 6, 9, 12, 15 and 18 months of age. Annual visits from ages 2 to 17, including a visit at age 30 months.

Screening tests

Blood pressure: Check annually age 3+.

Chlamydia and gonorrhea: Check yearly for sexually active females ages 16 to 24 years.

HIV: Age 15 and older; start younger if at risk.

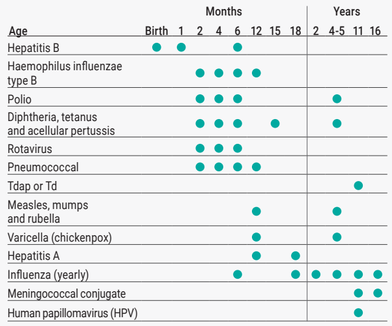
Obesity: Monitor starting at age 6.

New **Syphilis:** Age 15 and older; start younger if at risk.

Vision: At least once between ages 3 to 5 years.

Immunizations

Two-month series of vaccines can be given as early as 6 weeks.



COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC, CDPH, WCHA, AAP and AAFP guidelines.

HPV (human papillomavirus): Ages 11 to 14 years should receive a two-dose series (can begin as early as age 9) or ages 15 to 26 should receive a three-dose series.

Influenza: Children 6 months to younger than 9 years old who have not received at least two doses of flu vaccine in their lifetime need two doses of flu vaccine spaced at least four weeks apart. Afterward, only one annual dose of flu vaccine is needed.

Pneumococcal: For patients under 19 years, either PCV20 or PCV15 can be used to complete vaccination according to currently recommended schedules.

Counseling and evaluation topics

Anxiety: Start at age 8.

Depression: Start at age 12.

Domestic violence: Start at age 12.

Sexually transmitted infections: Start at age 11.

Skin cancer: Start at age 6.

Tobacco use, including vaping: Start at age 11.

Individualized/patient-clinician shared decisions

Human papillomavirus (HPV): Discuss at age 9.

Meningococcal B vaccine: Ages 16 to 23.

Age 18 to 39

Wellness check

Check blood pressure, screen for healthy weight and assess overall health.

Screening tests

Blood pressure: Check every three to five years (annual if risk factors).

Chlamydia and gonorrhea: Check yearly for sexually active females ages 16 to 24 years.

Diabetes: Screen depending on risk factors.

Hepatitis C: Check at least once between ages 18 to 79.

HIV: Check at least once between ages 15 to 65.

Obesity: Monitor periodically throughout adulthood.

New **Syphilis:** Check at least once between ages 15 and 44.

Cancer screening

Cervical cancer screening options: Pap test every three years starting at age 21. People 30 and older have the option for high-risk HPV testing with or without a Pap test every five years.

Immunizations

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC, CDPH, WCHA, AAP and AAFP guidelines.

Hepatitis B: All unvaccinated adults ages 19 to 59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of hepatitis B vaccine depending on vaccine or condition.

HPV (human papillomavirus): Unvaccinated people ages 15 to 26 should receive a three-dose series.

Influenza (flu): Yearly flu vaccine.

MMR (measles, mumps and rubella): Adults ages 19 to 39 should have recorded in their chart at least one dose of the vaccine.

Pneumococcal: For patients age 19 to 49 with certain underlying medical conditions, complete vaccine series with PCV20 only, PCV21 only, or PCV15 and PPSV23.

Shingles: All adults age 50 and older and ages 19 to 49 with immunocompromising conditions should receive a two-dose vaccine series.

Tdap/Td (tetanus, diphtheria and pertussis/tetanus and diphtheria): Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Varicella (chickenpox): A vaccine for adults born in 1980 or later.

Counseling and evaluation topics

Alcohol use

Anxiety

Depression

Domestic violence

Sexually transmitted infections

Skin cancer

Tobacco use, including vaping

Unhealthy drug use

Individualized/patient-clinician shared decisions

HPV vaccine: Ages 27 to 45.

Meningococcal B vaccine: Ages 16 to 23.

Age 40 to 49

Wellness check

Check blood pressure, screen for healthy weight and assess overall health.

Screening tests

Blood pressure: Check annually.

Cholesterol: Check every five years.

Diabetes: Screen depending on risk factors.

Hepatitis C: Check at least once between ages 18 to 79.

HIV: Check at least once between ages 15 to 65.

Obesity: Monitor periodically throughout adulthood.

New **Syphilis:** Check at least once between ages 15 and 44.

Cancer screening

Breast cancer: Mammography annually.

Cervical cancer screening options: Pap test every three years or high-risk HPV with or without a Pap test every five years.

Colon cancer: Preferred screening options – Starting at age 45, a colonoscopy every 10 years, a stool fecal immunochemical test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Immunizations

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC, CDPH, WCHA, AAP and AAFP guidelines.

Hepatitis B: All unvaccinated adults ages 19 to 59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of hepatitis B vaccine depending on vaccine or condition.

Influenza (flu): Yearly flu vaccine.

MMR (measles, mumps and rubella): Adults ages 40 to 49 should have recorded in their chart at least one dose of the vaccine.

Pneumococcal: For patients age 19 to 49 with certain underlying medical conditions, complete vaccine series with PCV20 only, PCV21 only, or PCV15 and PPSV23.

Shingles: All adults age 50 and older and ages 19 to 49 with immunocompromising conditions should receive a two-dose vaccine series.

Tdap/Td (tetanus, diphtheria and pertussis/tetanus and diphtheria): Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Counseling and evaluation topics

Alcohol use

Anxiety

Depression

Domestic violence

Sexually transmitted infections

Skin cancer

Tobacco use, including vaping

Unhealthy drug use

Individualized/patient-clinician shared decisions

HPV vaccine: Ages 27 to 45.

Age 50 to 74

Wellness check

Check blood pressure, screen for healthy weight and assess overall health.

Screening tests

Blood pressure: Check annually.

Bone density: Females check starting at age 65.

Cholesterol: Check every five years.

Diabetes: Screen depending on risk factors.

Hepatitis C: Check at least once between ages 18 to 79.

HIV: Check at least once between ages 15 to 65.

Obesity: Monitor periodically throughout adulthood.

Cancer screening

Breast cancer: Mammography annually.

Cervical cancer screening options: Pap test every three years or high-risk HPV with or without a Pap test every five years until age 65.

Colon cancer: Preferred screening options – A colonoscopy every 10 years, a stool fecal immunochemical test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other options – A CT colonography every five years or a FIT/DNA test every three years.

Lung cancer: Screen annually for adults age 50 to 80 who have a 20 pack-year smoking history *and* currently smoke or have quit in the last 15 years.

Immunizations

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC, CDPH, WCHA, AAP and AAFP guidelines.

Hepatitis B: All unvaccinated adults ages 19 to 59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of hepatitis B vaccine depending on vaccine or condition.

Influenza (flu): Yearly flu vaccine.

MMR (measles, mumps and rubella): Adults ages 50 to 59 should have recorded in their chart at least one dose of the vaccine.

Pneumococcal: Complete vaccine series with PCV20 only, PCV21 only, or PCV15 and PPSV23.

New **Respiratory Syncytial Virus (RSV):** Age 50 to 74 years with certain underlying medical conditions should receive a single dose of RSV vaccine.

Shingles: All adults age 50 and older should receive a two-dose vaccine series.

Tdap/Td (tetanus, diphtheria and pertussis/tetanus and diphtheria): Tdap or Td booster every 10 years.

Counseling and evaluation topics

Alcohol use

Anxiety: Check through age 64.

Depression

Domestic violence

Preventing falls: Start at age 65.

Sexually transmitted infections

Skin cancer

Tobacco use, including vaping

Unhealthy drug use

Individualized/patient-clinician shared decisions

Abdominal aortic aneurysm screening: Males ages 65 to 75.

Prostate cancer screening: Ages 55 to 69.

Age 75 and older

Wellness check

Check blood pressure, screen for healthy weight and assess overall health.

Screening tests

Blood pressure: Check annually.

Hepatitis C: Check at least once between ages 18 to 79.

Obesity: Monitor periodically throughout adulthood.

Cancer screening

Lung cancer: Screen annually for adults age 50 to 80 who have a 20 pack-year smoking history *and* currently smoke or have quit in the last 15 years.

Immunizations

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC, CDPH, WCHA, AAP and AAFP guidelines.

Hepatitis B: All adults ages 19 to 59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of hepatitis B vaccine depending on vaccine or condition.

Influenza (flu): Yearly flu vaccine.

Pneumococcal: Complete vaccine series with PCV20 only, PCV21 only, or PCV15 and PPSV23.

Respiratory syncytial virus (RSV): Age 75 and older should receive a single dose of RSV vaccine.

Shingles: All adults age 50 and older should receive a two-dose vaccine series.

Tdap/Td (tetanus, diphtheria and pertussis/tetanus and diphtheria): Tdap or Td booster every 10 years.

Counseling and evaluation topics

Alcohol use

Depression

Domestic violence

Preventing falls: Start at age 65.

Sexually transmitted infections

Skin cancer

Tobacco use, including vaping

Unhealthy drug use

Individualized/patient-clinician shared decisions

Abdominal aortic aneurysm screening: Males ages 65 to 75.

Breast cancer screening: Age 75+.

Colon cancer screening: Ages 76 to 85.

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