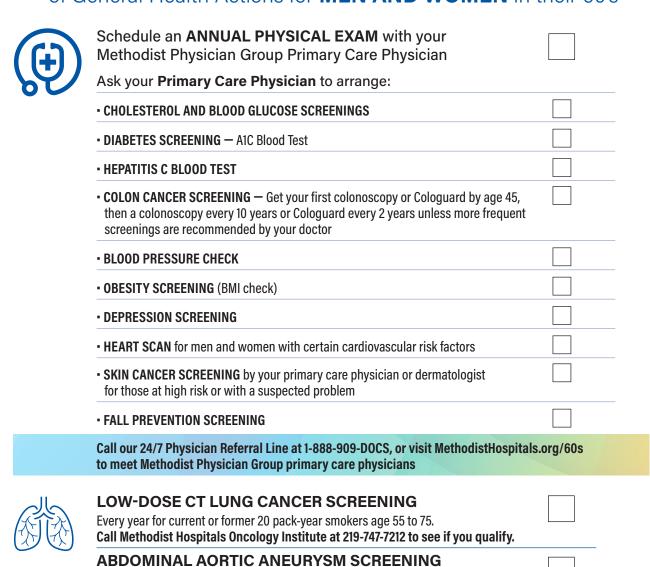
We're here to help you BE WELL IN YOUR



A CHECKLIST

of General Health Actions for MEN AND WOMEN in their 60's



CONTINUED ON NEXT PAGE

At age 65 for former smokers

Call Methodist Hospitals Central Scheduling at 219-981-5440

	Health Actions for MEN in their 60's	
	PROSTATE-SPECIFIC ANTIGEN TEST Ask your primary care physician for your initial test at age 50. Follow-up as indicated by your doctor.	
	Health Actions for WOMEN in their 60's	
	ANNUAL MAMMOGRAM Call 218-981-5440 to schedule your screening mammogram	
II	PAP TEST Every one to three years. Call our 24/7 Physician Referral Line at 1-888-909-DOCS, or visit MethodistHospitals.org/60s to meet Methodist Physician Group OB/Gyn physicians	
	DEXA BONE DENSITY SCAN Repeat as determined by your doctor. Call Methodist Hospitals Central Scheduling at 219-981-5440 with a physician order, or call the Methodist Hospitals Osteoporosis Clinic at 219-738-4930 for an appointment	
25	Stay up to date with your VACCINES in your 60's	
~/F	COVID-19 As recommended by CDC. Available by appointment at Methodist Hospitals CareFirst-Schererville. Call 219-322-7143	
	INFLUENZA Get your flu shot before every flu season at your Methodist Physician Group primary care physician's office	
	TETANUS-DIPHTHERIA BOOSTER Get your Tetanus-Diphtheria Booster every 10 years at your Methodist Physician Group primary care physician's office	
	SHINGLES VACCINE Two doses six months apart. Your Methodist Physician Group primary care physician will provide a prescription for your local pharmacy.	
	PNEUMOCOCCAL VACCINE One-time vaccination administered by your Methodist Physician Group	



primary care physician.

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Methodist Physician Group primary care physicians