

We're here to help you **BE WELL IN YOUR**



A CHECKLIST

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



Schedule an **ANNUAL PHYSICAL EXAM** with your Methodist Physician Group Primary Care Physician

Ask your **Primary Care Physician** to arrange:

• **CHOLESTEROL AND BLOOD GLUCOSE SCREENINGS**

• **DIABETES SCREENING** – A1C Blood Test

• **HEPATITIS C BLOOD TEST**

• **COLON CANCER SCREENING** – Get your first colonoscopy or Cologuard by age 45, then a colonoscopy every 10 years or Cologuard every 2 years unless more frequent screenings are recommended by your doctor

• **BLOOD PRESSURE CHECK**

• **OBESITY SCREENING** (BMI check)

• **DEPRESSION SCREENING**

• **HEART SCAN** for men and women with certain cardiovascular risk factors

• **SKIN CANCER SCREENING** by your primary care physician or dermatologist for those at high risk or with a suspected problem

• **FALL PREVENTION SCREENING**

Call our 24/7 Physician Referral Line at 1-888-909-DOCS, or visit MethodistHospitals.org/60s to meet Methodist Physician Group primary care physicians



LOW-DOSE CT LUNG CANCER SCREENING

Every year for current or former 20 pack-year smokers age 55 to 75.

Call Methodist Hospitals Oncology Institute at 219-747-7212 to see if you qualify.

ABDOMINAL AORTIC ANEURYSM SCREENING

At age 65 for former smokers

Call Methodist Hospitals Central Scheduling at 219-981-5440

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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

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



Stay up to date with your **VACCINES** in your 60's

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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