

— FREE QUICK-START • LONGEVITY

The Preventive *Screening* Timeline

US screening ages and intervals in one age-ordered table, five questions that change your plan, and a tracker that works out when each test is next due.



18

ITEMS

5

QUESTIONS

12

TRACKER LINES

1

YEARLY REVIEW



LONGEVITY • FREE TIMELINE

The Preventive Screening Timeline

US screening ages and intervals for average-risk adults in one age-ordered table, five questions that move you off the average-risk track, and a due-date tracker that works out the year each test is next due.

18 ITEMS screenings and vaccines	5 QUESTIONS that change your plan	12 LINES in the due-date tracker	1 REVIEW every year
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How to use this timeline

ONCE A YEAR

STEP 1 Find your row Scan the table for your age and note every screening and vaccine due now or within the year.	STEP 2 Ask the risk questions Any "yes" moves you off the average-risk track. Write down which screening it changes.	STEP 3 Fill in the tracker The year each test was last done and its interval. The tracker works out the year it is next due.	STEP 4 Book, do not browse Schedule the two most overdue items this week.
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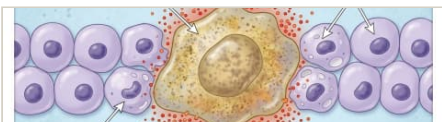
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A Date, Not a Wish

3 SOURCES

Screening is for people without symptoms, and its value depends on age and risk. The US Preventive Services Task Force (USPSTF) schedule is the average-risk starting point; family and personal history move several screenings earlier or make them more frequent.

A timeline beats a memory. Screenings are mostly missed by omission, not refusal: nobody books what nobody remembers. An age-ordered list with intervals turns "I should get that checked" into a date.

Average risk is a starting point. A parent, brother or sister with colorectal cancer, a smoking history, or a personal history of polyps each changes an age or an interval. The five risk questions are there to catch these.

Some items are conversations. A statin, prostate (PSA) testing and screening after 75 are shared decisions, not automatic tests. The timeline marks them "discuss".

THE EVIDENCE BEHIND IT

NORDICC, N ENGL J MED 2022 Among people who went for their colonoscopy, colorectal cancer deaths fell by about half over 10 years. The test works if you go.	NLST, N ENGL J MED 2011 Annual low-dose CT cut lung-cancer deaths by 20% in people with a heavy smoking history.
USPSTF, BREAST CANCER SCREENING 2024 Mammograms every 2 years now start at 40 for women at average risk.	

SYMPTOMS ARE NOT SCREENING

This timeline is for people without symptoms. Rectal bleeding, a new lump, unexplained weight loss, a changing mole or pain that will not go away need a visit now, whatever your age or your last screening date.

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Screenings and Vaccines by Age

AVERAGE RISK

AGE	SCREENING OR VACCINE	HOW OFTEN
18+	Blood pressure	Every 3–5 years from 18 to 39 if normal; every year from 40 or if raised.
18+	Depression	All adults, with follow-up of a positive screen.
18–79	Hepatitis C	Once for all adults; again with ongoing risk.
15–65	HIV	Once; more often with risk factors.
24 and under (women)	Chlamydia and gonorrhea	Sexually active women 24 and under, and older women at increased risk.
21–65 (women)	Cervical cancer	Pap every 3 years from 21 to 29; from 30 to 65, Pap every 3 years or HPV test every 5.
35–70 (overweight)	Prediabetes and type 2 diabetes	Every 3 years for adults with overweight or obesity.
40–74 (women)	Breast cancer (mammogram)	Every 2 years.
40–75	Statin (discuss)	With one or more risk factors and a 10–year heart risk of 10% or more.
45–75	Colorectal cancer	Stool FIT every year or colonoscopy every 10 years, among other options; 76–85 discuss.
50–80 (20 pack-years)	Lung cancer (low-dose CT)	Every year if you smoke now or quit within 15 years.
50+	Shingles vaccine (Shingrix)	Two doses, 2 to 6 months apart.
50+	Pneumococcal vaccine	All adults 50 and over (ACIP 2024), and younger adults with certain conditions.
55–69 (men, discuss)	Prostate (PSA)	A shared decision; not routine for everyone.
65–75 (men who ever smoked)	Abdominal aortic aneurysm	One ultrasound.
65+ (women)	Osteoporosis (DXA)	Women 65 and over, and younger women after menopause at increased risk.
75+ (50–74 at risk)	RSV vaccine	One dose.
Every year	Flu vaccine	Everyone; high-dose or adjuvanted formulation from 65.

Women and men here refer to the organs being screened. Recommendations change; check with your clinician each year.

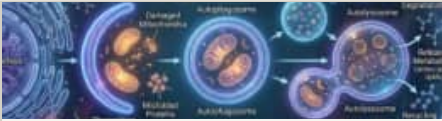
Five Questions That Change Your Plan

COUNTS ITSELF

YES	QUESTION	WHAT IT CHANGES
☐	A parent, brother, sister or child with colorectal cancer or advanced polyps before 60, or two at any age?	Colorectal screening usually starts at 40 (or 10 years before their age at diagnosis) and repeats more often.
☐	A close relative with breast cancer before 50, or ovarian cancer at any age?	Ask about genetic risk assessment; breast screening may start earlier or add MRI.
☐	A smoking history of 20 pack-years or more, smoking now or quit within 15 years?	Yearly low-dose CT from 50, and one aortic ultrasound for men 65 to 75.
☐	Your own history of polyps, a precancer or a prior cancer?	Intervals shorten; your plan becomes follow-up rather than average-risk screening.
☐	A weakened immune system, or chronic kidney, liver, heart or lung disease?	Several vaccines (pneumococcal, shingles, RSV) and some screenings start earlier.

QUESTIONS ANSWERED YES

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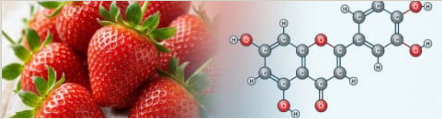


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The Due-Date Tracker

CALCULATES

Enter this year once. For each line, write the year it was last done and how many years apart it should be (from the timeline or your clinician). The tracker works out the year it is next due.

THIS YEAR

ITEM	LAST DONE (YEAR)	EVERY (YEARS)	NEXT DUE	STATUS
Blood pressure				
Cholesterol				
A1c or glucose				
Colorectal				
Mammogram				
Cervical				
Lung CT				
Bone density				
Eye exam				
Dental				
Shingles vaccine				
Pneumococcal vaccine				

Status shows years until due; 0 or less means it is due now. For one-time items, leave the interval blank.

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Complete guide to NAD+ and aging. Learn about NAD+ decline, boosters (NMN, NR,...
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HealthSecrets THE PREVENTIVE SCREENING TIMELINE

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From a Timeline to a Year of Prevention

This timeline tells you what is due. **The Healthy Aging Annual Planning Binder** plans the whole year around it: an annual audit, the full schedule with grades, mobility tests with a strength program, protein and bone targets, and four quarter plans.

Four quarter plans
a year of prevention spaced into quarters: audit, strength, fuel and protection.

The full screening schedule with grades
every screening and vaccine with its grade, age and interval, and the trials behind them.

The CDC STEADI mobility tests
chair stand, Timed Up and Go, balance and grip, with a 12-week strength program.

Care team and directives
the contacts, questions and documents that make the binder a household system.

THIS FREE TIMELINE

- ✓ The age-ordered screening table
- ✓ Five risk questions
- ✓ A due-date tracker

THE BINDER ADDS

- ✓ An annual audit of body numbers, blood markers and habits
- ✓ Grades and trial evidence for every screening
- ✓ Mobility tests, protein targets and a strength program
- ✓ Care-team, emergency and directives pages

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USPSTF-BASED
Ages and intervals from current recommendation statements. Not individual medical advice.

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SEE THE HEALTHY AGING BINDER →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM	
US Preventive Services Task Force recommendation statements (current A and B grades, 2026)	Screening ages and intervals.
CDC/ACIP Adult Immunization Schedule, 2025	Vaccines in the table.
Bretthauer M, et al. N Engl J Med 2022;387:1547–56 (NordICC); NLST Research Team. N Engl J Med 2011;365:395–409	Colonoscopy and lung screening trials.

THIS WEEK

Find your row. *Book what is due.*

01 • TABLE

Every screening and vaccine for your age.

02 • TRACKER

The year each one is next due.

03 • GO FURTHER

The binder plans the whole year around it.

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Explore the cutting-edge science of aging, healthspan, and longevity interventions.
healthsecrets.com/quizzes/longevity-science-quiz →

TESTING

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Learn optimal exercise for longevity. Cardio, strength training, HIIT protocols. Proven to extend lifespan 3–7 years. Practical...
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Your chronological age counts calendar years, but your biological age reflects how well your body is actually aging a...
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BRAIN

Cognitive Aging | How to Keep Your Brain Young

Cognitive decline is NOT inevitable. Learn evidence-based strategies to keep your brain young: exercise, diet, learning,...
healthsecrets.com/longevity/cognitive-aging-brain-young →

FOOD

30 Anti-Aging Foods That Slow Aging (Science-Backed,

Discover the 30 best anti-aging foods backed by science to slow aging, from berries and salmon to olive oil and turmeric.
healthsecrets.com/longevity/anti-aging-foods →

SLEEP

Sleep and Longevity | The Vital Connection

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