

oscar

Health Screenings by Age

Woman’s Health Screenings by Age



Staying on top of your health shouldn’t feel like guesswork, so we’ve made it simple to stay proactive.

In your 20’s

FREQUENCY OF TESTS:

Cervical cancer screenings
HPV screenings

Pap smear every 3 years

In your 30’s

FREQUENCY OF TESTS:

Pre-diabetes and type-2 diabetes test

Every 3 years

In your 40’s

FREQUENCY OF TESTS:

Mammogram

Annually

Colonoscopy

Every 10 years

Cholesterol test

Every 4 to 6 years

Skin cancer screening

Annually

Hypertension test

Annually

In your 50’s

FREQUENCY OF TESTS:

Lung cancer screening
For adults aged 50–80 with a 20 pack-year smoking history who currently smoke or have quit within the past 15 years.

Annually

In your 60’s

FREQUENCY OF TESTS:

Osteoporosis and bone density screening
Postmenopausal women under 65 should be screened if a validated risk tool indicates elevated fracture risk.

Every 1 to 5 years

Women of all ages

FREQUENCY OF TESTS:

BRCA genetic risk assessment
Women with personal or family history of breast, ovarian, tubal, or peritoneal cancer — or Ashkenazi Jewish ancestry.

Once to determine risk

Hypertension test

Annually

Mental health assessments

Periodically, but recommended annually

STI, STD’s and HIV tests

Periodically, but recommended annually if at risk

Intimate Partner Violence evaluations

Periodically at preventative visits

Alcohol abuse or unhealthy use

Periodically at preventative visits

Obesity

Annually

The screening guidelines provided are based on the latest medical standards for individuals at average risk. Factors such as family history, genetic risk, and existing medical conditions can significantly change the frequency and timing of these tests. This information is for educational purposes only and does not replace professional medical advice. Always consult with your primary doctor or specialist to determine the screening schedule that is right for you.

<https://www.uspreventiveservicestaskforce.org/uspstf/>
<https://www.cdc.gov/cholesterol/testing/index.html>
<https://cancerblog.mayoclinic.org/2024/07/11/who-should-be-screened-for-skin-cancer/>

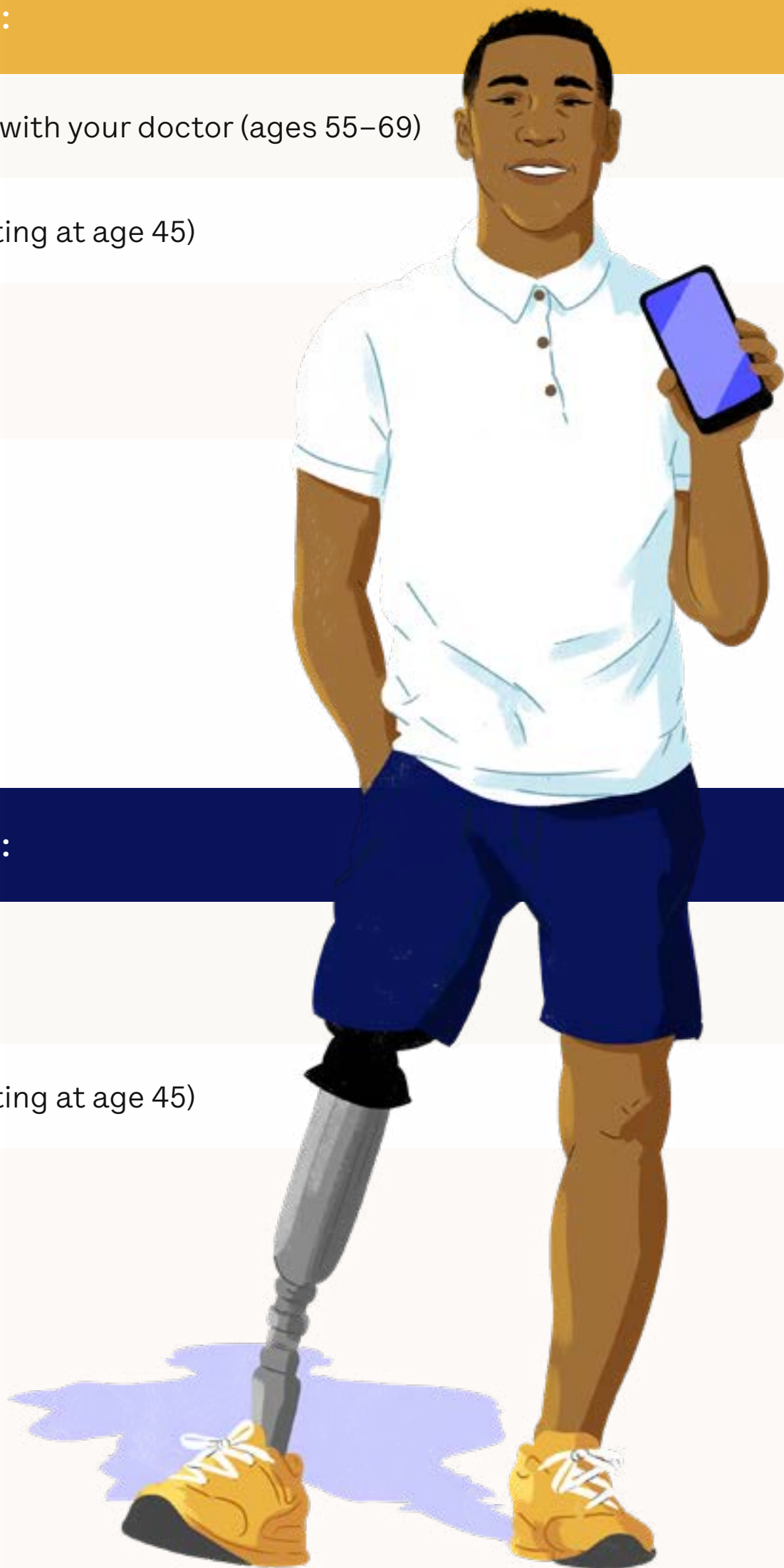


Men’s Health Screenings by Age



Staying on top of your health shouldn’t feel like guesswork, so we’ve made it simple to know what to get and when.

In your 20’s	
	FREQUENCY OF TESTS:
Hypertension (blood pressure) test	Annually
Depression screening	Periodically, but recommended annually
Anxiety screening	Periodically
HIV screening	At least once; annually if at risk
In your 30’s	
	FREQUENCY OF TESTS:
Pre-diabetes and type-2 diabetes test	Every 3 years
Hepatitis C (HCV) test	Once (ages 18–79)
In your 40’s	
	FREQUENCY OF TESTS:
Colorectal cancer screening	Varies by method (starting at age 45)
Statin preventive therapy (if risk factors are present)	Ongoing, as directed by your doctor
In your 50’s	
	FREQUENCY OF TESTS:
Prostate cancer — PSA screening	Individualized; discuss with your doctor (ages 55–69)
Colorectal cancer screening	Varies by method (starting at age 45)
Lung cancer screening (if you’re a current or former heavy smoker)	Annually (ages 50–80)
Vaccines:	
Zoster (Shingles)	Once (Two dose series)
Pneumococcal	Once
Td or Tdap	Every 9 years
Flu shot	Annually
In your 60’s	
	FREQUENCY OF TESTS:
Abdominal aortic aneurysm (AAA) ultrasound (if you’ve ever smoked)	Once (ages 65–75)
Colorectal cancer screening	Varies by method (starting at age 45)
Vaccines:	
COVID-19	Annually



Men of all ages		FREQUENCY OF TESTS:
Hypertension test		Annually
Depression screening		Periodically, but recommended annually
Anxiety screening		Periodically
HIV and STI screenings		Periodically, but recommended annually if at risk
Alcohol use screening		Periodically at preventive visits
Tobacco use counseling		At every visit if you currently use tobacco
Obesity screening		Annually
Immunizations:		
Flu shot		Annually
Tetanus and diphtheria (Td) or tetanus, diphtheria and acellular pertussis (Tdap)		Every 9 years

Members should schedule these screenings through their primary care provider or use Oscar’s Find Care tool to locate an in-network provider near them.

The screening guidelines provided are based on the latest medical standards for individuals at average risk. Factors such as family history, genetic risk, and existing medical conditions can significantly change the frequency and timing of these tests. This information is for educational purposes only and does not replace professional medical advice. Always consult with your primary doctor or specialist to determine the screening schedule that is right for you.

An annual wellness exam, and preventive services performed during an annual wellness exam, are provided at \$0 cost to you. If, during your exam, a service that is considered diagnostic or non-preventive is provided to you, you may be responsible for the cost—or a share of the cost—for those additional services provided during your office visit depending on your plan.

Members are eligible for \$0 preventive care. Please refer to your complete Summary of Benefits and Coverage (SBC) at hioscar.com/forms for more information.

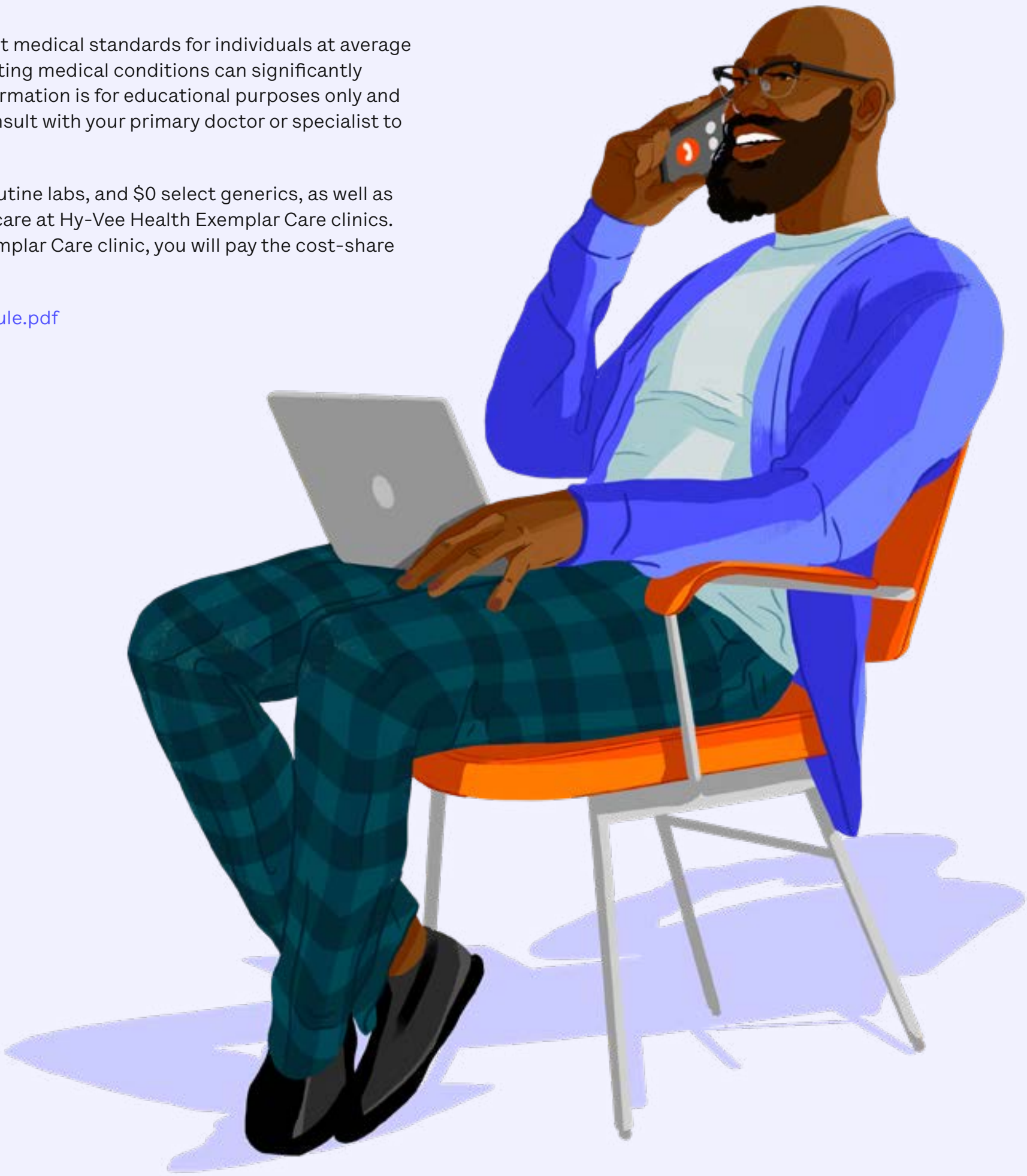
Please be aware that your benefits can vary by plan and plan year. Please refer to your Summary of Benefits and Coverage (SBC) and other plan documents for the current plan year at hioscar.com/forms for additional information.

The screening guidelines provided are based on the latest medical standards for individuals at average risk. Factors such as family history, genetic risk, and existing medical conditions can significantly change the frequency and timing of these tests. This information is for educational purposes only and does not replace professional medical advice. Always consult with your primary doctor or specialist to determine the screening schedule that is right for you.

Hy-Vee: Access to \$0 primary care, \$0 urgent care, \$0 routine labs, and \$0 select generics, as well as access to 24/7 virtual care appointments is exclusive to care at Hy-Vee Health Exemplar Care clinics. If you receive these services at a non-Hy-Vee Health Exemplar Care clinic, you will pay the cost-share listed in your plan documents.

https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf

<https://www.uspreventiveservicestaskforce.org/uspstf/>



Children’s Health Screenings by Age



Keeping up with your child’s health shouldn’t feel overwhelming, so we’ve made it easy to know what to expect at every stage.

Newborn	FREQUENCY OF TESTS:
PKU (Phenylketonuria) screening	Once at birth
Hypothyroidism screening	Once at birth
Hearing screening	Once at birth
Hepatitis B (HepB) Vaccine	First dose at birth
In your baby’s first year (0–12 months)	FREQUENCY OF TESTS:
Well-baby exams	Multiple visits in the first year
Anemia and sickle cell screenings	At newborn visits and as recommended
Lead poisoning screening	At 12 months and 24 months
Vaccines: Hepatitis B Rotavirus Diphtheria, tetanus, and acellular pertussis Haemophilus influenzae type b Pneumococcal conjugate Inactivated poliovirus Measles, mumps, and rubella Varicella Hepatitis A	Spread out through the year
Toddler and preschool years (1–4)	FREQUENCY OF TESTS:
Autism screening	At 18 and 24 months
Developmental screening	At 9, 18, and 24–30 months
Lead poisoning screening	At 24 months
Vision and hearing screenings	Starting at age 3
School age (5–12)	FREQUENCY OF TESTS:
Well-child exams	Annually
Abnormal blood pressure screening	Annually
Obesity screening	Annually
Vision and hearing screenings	Annually or as recommended



Vaccines:

Tetanus, diphtheria toxoids and acellular pertussis	7 years old
Human papillomavirus vaccine	2-dose series, 9 years old

Teen years (13-17)

FREQUENCY OF TESTS:

Behavioral, Social, Emotional and Depression screening	Annually
Lipid disorder screening	Once between ages 9–11, and again at 17–21
Blood pressure screening	Annually
Obesity screening	Annually

Children of all ages

FREQUENCY OF TESTS:

Well-baby and well-child exams	Annually (or more frequently in the first 2 years)
Flu shot	Annually
Vision and hearing screenings	Annually or as recommended

Members should schedule these screenings through their primary care provider or use Oscar's Find Care tool to locate an in-network provider near them.

The screening guidelines provided are based on the latest medical standards for children at average risk. Factors such as family history, genetic risk, and existing medical conditions can significantly change the frequency and timing of these tests. This information is for educational purposes only and does not replace professional medical advice. Always consult with your child's pediatrician or specialist to determine the screening schedule that is right for them.

An annual wellness exam, and preventive services performed during an annual wellness exam, are provided at \$0 cost to you. If, during your exam, a service that is considered diagnostic or non-preventive is provided to you, you may be responsible for the cost—or a share of the cost—for those additional services provided during your office visit depending on your plan.

Members are eligible for \$0 preventive care. Please refer to your complete Summary of Benefits and Coverage (SBC) at hioscar.com/forms for more information.

Please be aware that your benefits can vary by plan and plan year. Please refer to your Summary of Benefits and Coverage (SBC) and other plan documents for the current plan year at hioscar.com/forms for additional information.

The screening guidelines provided are based on the latest medical standards for individuals at average risk. Factors such as family history, genetic risk, and existing medical conditions can significantly change the frequency and timing of these tests. This information is for educational purposes only and does not replace professional medical advice. Always consult with your primary doctor or specialist to determine the screening schedule that is right for you.

Hy-Vee: Access to \$0 primary care, \$0 urgent care, \$0 routine labs, and \$0 select generics, as well as access to 24/7 virtual care appointments is exclusive to care at Hy-Vee Health Exemplar Care clinics. If you receive these services at a non-Hy-Vee Health Exemplar Care clinic, you will pay the cost-share listed in your plan documents.

https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf

<https://www.uspreventiveservicestaskforce.org/uspstf/>

