

**Diabetes screening:** Screening for abnormal blood sugar starts for adults 40+ who are overweight or obese. South Asians should be tested when BMI is above 23.

**Blood pressure screening in adults:** Get blood pressure readings outside of the doctor's office before confirming high blood pressure and starting treatment.

**Cholesterol abnormalities screening:** At least every 3 years if normal and every year for those who have diabetes or heart disease.

**Cervical cancer screening:** For women up to 65 years with exam (Pap smear) every 3-5 years

**Obesity screening and counseling:** adults and children: Screening for all adults , obesity is diagnosed at a body mass index of 30 kg/m<sup>2</sup> or higher

**Tobacco use counseling and interventions:** All adults should be asked about tobacco use, advised to stop using tobacco, and provide behavioral changes and approved medications as needed

**Breast cancer screening:** Screening with mammography for women, with or without clinical breast examination, every 1 to 2 years for women age 45 years and older.

**Colorectal cancer screening:** Screening for colorectal cancer using colonoscopy in adults beginning at age 50 years and continuing until age 75 years.

**Lung cancer screening:** Yearly screening for lung cancer with CT scan in adults ages 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years.

**Depression screening:** All adults should be screened for depression.

**Alcohol misuse screening:** Adults should be screened for alcohol misuse.

**Sexually transmitted infections counseling:** Screening for all sexually active adults

**Immunizations:** Should receive tetanus, flu, pneumonia vaccine if high risk and shingles vaccine after age 60yrs