

# Preventive Health Check-up Guidelines by Age

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Why should we have a checkup? Easily answered but difficult to say why!

Here is a quick summary of what to look out for and at what age.

The key is prevention. So, the rationale is “**what can we prevent by early detection?**”

Medicine has come a long way, and very complex treatment modalities are possible, but prevention is often neglected.

These are the current best evidence guidelines for yearly examinations.

***Note the emphasis on mental health. Question: can we prevent it altogether or just manage it? Does management have a better outcome in the long run? (see next blog discussion)***

This guide summarizes **evidence-based** preventive health screening and check-up recommendations based on current guidelines from the USPSTF, NICE, and WHO. It is intended for general adult populations and should be personalized based on individual risk factors and clinical context.

## General Health Check-Up Guidelines by Age (based on most common conditions by age).

Age Group	Recommended Assessments	Test Frequency	Notes
18–29 yrs	Blood pressure, BMI (Body Mass Index, that is weight by height), Mental health (depression, anxiety), STI screening, Cervical smear (women), Lifestyle review	Yearly	Cervical smear from 25; BP USPSTF Grade A
30–39 yrs	All above + Lipids (if risk), Diabetes (if BMI $\geq 25$ ), HPV vaccination (catch-up)	Yearly	Lipids/DM if risk factors present
40–49 yrs	Add fasting lipids, Diabetes screen, Mammogram (if	Yearly	Use risk calculators

	risk), PSA (individualised)		
50–64 yrs	Colon cancer screening, Mammogram, Prostate check (individualized, check risk), Bone health (if risk)	Colonoscopy 5 yrs or FIT (Fecal immunochemical Test, test for blood in stool) yearly	Colorectal: USPSTF Grade A
65–74 yrs	All above + AAA (Abdominal Aortic Aneurism) screen (men smokers), Falls risk, Hearing, Cognition (memory) Osteoporosis (DXA scan for all females and men with high risk)	AAA once at 65 (males)	DEXA for women ≥65, men ≥70
75+ yrs	Frailty, Falls, Medication review, ADLs, Vision, ACP discussion	Annually	Focus on function & quality of life

### Special Screening Tests (As Indicated)

- HIV: All aged 15–65 once; annually if high-risk
- Hepatitis C: Once if born 1945–1965 or at risk
- Osteoporosis: DEXA in women ≥65, men ≥70
- Depression: PHQ-2/9 opportunistically or yearly
- Diabetes: BMI ≥25 (or ≥23 in Asians), age ≥35
- Lung Cancer: Low-dose CT if 50–80 yrs with 20+ pack-year smoking history

### General Lab Tests and Functional Screens

Recommended lab and functional tests:

- CBC, LFTs, KFTs: if symptomatic or at risk
- HbA1c or Glucose: age ≥35 or BMI >25
- Lipids: every 5 years if no risk, earlier if risk
- Vitamin D/B12: if elderly or malnourished
- Urinalysis: if hypertensive or diabetic
- Cognitive: MMSE, MoCA if concerns



- Functional: TUG test, ADL/IADL for frailty