

# USPSTF-Recommended Health Screenings for Adults

The U.S. Preventive Services Task Force (USPSTF) is an independent, volunteer panel of experts in prevention and evidence-based medicine. The Task Force works to improve the health of people by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications. The following Grade A and B recommendations apply only to people who have no signs or symptoms of the specific disease or condition under evaluation, and the recommendations address only services offered in the primary care setting or services referred by a primary care clinician.

These screenings may be fully covered with no cost to you. Check your coverage with your claims administrator and talk with your healthcare provider about which screenings are right for you.

Health Topic	Recommendation
<b>Breast Cancer Screening</b> (Women aged 50-74)	The USPSTF recommends biennial screening mammography for women aged 50 to 74 years.
<b>Cervical Cancer Screening</b> (Women aged 21-65)	The USPSTF recommends screening for cervical cancer every 3 years with cervical cytology alone in women aged 21 to 29 years. For women aged 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting).
<b>Colorectal Cancer Screening</b> (Adults aged 45-75)	The USPSTF recommends screening for colorectal cancer in all adults aged 45 to 75 years.
<b>Human Immunodeficiency Virus (HIV) Infection Screening</b> (Adolescents and adults aged 15-65)	The USPSTF recommends clinicians screen for HIV infection in adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk of infection should also be screened.
<b>Hypertension</b> (Adults aged 18+)	The USPSTF recommends screening for hypertension in adults 18 years or older with office blood pressure measurement (OBPM).
<b>Lung Cancer Screening</b> (Adult aged 50-80 who have a 20 pack-year smoking history and currently smoke OR have quit within the past 15 years)	The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.
<b>Osteoporosis Screening</b> (Women 65+ and postmenopausal women younger than 65 who are at increased risk of osteoporosis)	The USPSTF recommends screening for osteoporosis with bone measurement testing to prevent osteoporotic fractures in women 65 years and older and in postmenopausal women younger than 65 years who are at increased risk of osteoporosis, as determined by a formal clinical risk assessment tool.

Source: U.S. Preventive Services Task Force ([uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org))