

Preventive Health Screening: What you need to know

Updated: July 2025

Canadian Task Force on Preventive Health Screening

We recommend that primary care practitioners adopt periodic preventive health visits instead of providing annual physical examinations for the delivery of preventive services (2017).



Periodic Preventive Health Visit



Preventive Health Screening: Age 40+

- Ask your health care provider about screening for:
 - Diabetes
 - Hypertension
 - Dyslipidemia
 - Cervical cancer screening with HPV testing (every 5 years if sexually active, starting after age 25*)

Preventive Health Screening: Age 50+

- Ask your health care provider about screening for:
 - Diabetes
 - Hypertension
 - Dyslipidemia
 - Cervical cancer screening with HPV testing (every 5 years* if sexually active starting after age 25)
 - **Routine breast cancer screening with mammogram every 2 years (conversation starting at age 40)**
 - **Routine colon cancer screening with FIT every 2 years or colonoscopy (q5-10years)**
 - **Osteoporosis screening with Bone Density if certain risk factors***
 - **Annual prostate cancer screening with PSA no longer recommended***

Preventive Health Screening: Age 55+

- Ask your health care provider about screening for:
 - Diabetes
 - Hypertension
 - Dyslipidemia
 - Routine breast cancer screening with mammogram every 2 years (conversation starting at age 40)
 - Routine colon cancer screening with FIT every 2 years or colonoscopy (q5- 10years)
 - Cervical cancer screening with HPV testing (every 5 years* if sexually active starting after age 25)
 - Osteoporosis screening with Bone Density if certain risk factors*
 - Prostate cancer screening with PSA no longer recommended*
 - **Lung Ca screening for people with >30pack year, current or past smoker***

Preventive Health Screening: Age 70+

- Ask your health care provider about screening for:
 - Diabetes
 - Hypertension
 - Dyslipidemia
 - Routine breast cancer screening with mammogram every 2 years (conversation starting at age 40)
 - Routine colon cancer screening with FIT every 2 years or colonoscopy (q5-10years)
 - Cervical cancer screening with HPV testing (every 5 years* if sexually active starting after age 25)
 - Prostate cancer screening with PSA no longer recommended*
 - Lung Ca screening for people with >30pack year and currently smoking
 - Osteoporosis screening with Bone Density*

Chronic Disease Management

Communicate every 6-12moths for well controlled*:

- Diabetes
- Hypertension
- High cholesterol
- Thyroid disease
- Renal disease
- Lung disease



Stop testing?

- Pap, mammogram*
- Colorectal screening*
- Hypertension*, hyperlipidemia*
- Deprescribing*



Immunizations

- The recommended immunizations are:
 - Tetanus Booster every 10 years
 - Flu +/- Covid annually
 - HPV vaccine (one time series up to age 45 years)
 - Shingles vaccine (one time series between 50-70 years)
 - Pneumococcal vaccine (65+)
 - RSV vaccine*



References

- Birtwhistle, R., Bell, N. R., Thombs, B. D., Grad, R., & Dickinson, J. A. (2017). Periodic preventive health visits: a more appropriate approach to delivering preventive services: From the Canadian Task Force on Preventive Health Care. *Canadian Family Physician*, 63(11), 824-826.
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