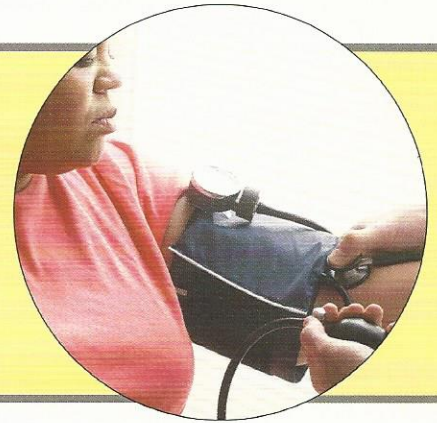




## Get Recommended Screening Tests & Immunizations



Did you know it is important to keep up with your screening tests and immunizations? To prevent certain kinds of illness, talk with your health care team about the screenings and immunizations that you may need. All preventive services have benefits and harms. Depending on your preferences, you may wish to receive additional, fewer, or different services. Refer to the websites below to see which preventive services are recommended for you.

### What screening tests should I get?

- Most Veterans should be screened for alcohol abuse, depression, high blood pressure, HIV, military sexual trauma, obesity, PTSD, and tobacco use.
- VA recommends other screening tests based on age, gender, health status, and family history.
- Talk with your health care team about additional screening tests that are right for you.

### How do I know which immunizations I should get?

- Most Veterans should receive a flu shot every year and tetanus shot once every 10 years.
- VA recommends other immunizations based on age, gender, and health status.
- Talk with your health care team about additional immunizations that are right for you.

### What screening tests and immunizations should I get if I am pregnant or considering pregnancy?

- If you are a woman who is considering pregnancy, check with your health care team about recommended screening tests and immunizations.

A Better Way to  
**LIVE**

*Talk with your  
health care team  
about your goals.*



**FOR MORE INFORMATION:**

- VHA National Center for Health Promotion and Disease Prevention:  
[www.prevention.va.gov](http://www.prevention.va.gov)
- Men Stay Healthy at Any Age\*:  
<http://www.ahrq.gov/ppip/healthymen.htm>
- Women Stay Healthy at Any Age\*:  
<http://www.ahrq.gov/ppip/healthywom.htm>
- Adult vaccination screening form\*:  
<http://www.cdc.gov/vaccines/recs/Scheduler/AdultScheduler.htm>
- My Healthfinder\*:  
<http://www.healthfinder.gov/prevention/myHealthfinder.aspx>
- Healthfinder Get Screened\*:  
<http://www.healthfinder.gov/prevention/>  
(Enter your information in the my healthfinder box and click Get Started).

\* Indicates that the link leads to a non-VA website. The VA is not responsible for content on the site.

If you have questions about how to make healthy living changes,  
please talk with your health care team.