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Appointment Type	How Often	18-39	40-49	50-64	65+	Appointment Information
Primary Care Provider (PCP)	Yearly	x	x	x	x	
<ul style="list-style-type: none"> <li>• (Men) Rectal Exam/ PSA Blood Test</li> </ul>	At age 50; yearly			x	x	
<ul style="list-style-type: none"> <li>• Lung Screening</li> </ul>	At age 50; yearly			x	x	
<ul style="list-style-type: none"> <li>• Hearing Test</li> </ul>	From age 50-60 every 3 years; yearly after age 60			x	x	
<ul style="list-style-type: none"> <li>• Osteoporosis/Bone Density Screening</li> </ul>	At age 65; per PCP recommendations afterwards				x	
Eye Doctor	Yearly to every 2 years	x	x	x	x	
Dentist	Every 6 months to a year	x	x	x	x	
Gynecologist	Yearly	x	x	x	x	
<ul style="list-style-type: none"> <li>• (Women) Mammogram</li> </ul>	At age 40; yearly		x	x	x	
Dermatologist	Yearly	x	x	x	x	
Mental Health	Yearly	x	x	x	x	
Gastroenterologist	At age 45; every 10 years afterwards with good results		x	x	x	