

# How Often Should I? Printable Checklist for Adults 65+

Use this checklist to stay on top of important health screenings, home maintenance, vehicle care, and life organization tasks. Print it out and check items off as you complete them.

## Health & Wellness Screenings

✓	Task	Recommended Time Frame
▪	Blood Pressure Check	At every doctor's visit or at least yearly
▪	Dental Cleaning & Exam	Every 6 months
▪	Eye Exam & Vision Test	Every 1–2 years
▪	Dilated Retinal Exam (Diabetes)	Every year
▪	Mammogram	Every 1–2 years
▪	Bone Density Scan (DEXA)	As recommended by your doctor
▪	Colorectal Cancer Screening	Every 10 years or per test type
▪	Hearing Test	Every 3 years
▪	Annual Physical & Medicare Wellness Visit	Every year

## Home Safety & Maintenance

✓	Task	Recommended Time Frame
▪	HVAC Air Filters	Every 1–3 months
▪	Smoke & Carbon Monoxide Detector Test	Monthly
▪	Replace Detector Batteries	Every year
▪	Replace Smoke/CO Devices	Every 10 years
▪	Dryer Vent Cleaning	Every year
▪	Water Heater Flush	Every year
▪	Gutter Cleaning	Twice a year
▪	Flooring & Walkway Safety Audit	Every 6 months

## Life & Vehicle Maintenance

✓	Task	Recommended Time Frame
▪	Car Oil Change & Tire Rotation	Every 6 months or 5,000–7,500 miles
▪	Windshield Wiper Blades	Every 6–12 months
▪	Car Battery Check	Yearly after battery turns 3 years old
▪	Medication Cabinet Cleanout	Every 6 months
▪	Estate & Legal Document Review	Every 2–3 years

**Quick Tip:** Tie recurring tasks to seasons or milestones. For example, replace smoke detector batteries when daylight saving time changes or schedule your annual eye exam during your birthday month.

## Disclaimer

The information provided in this checklist is for educational and informational purposes only and should not be substituted for professional medical, legal, or professional home maintenance advice. Recommended screening intervals can vary significantly based on your individual medical history, family genetics, and specific health risks; always consult with your primary care physician or a qualified healthcare provider before making changes to your medical care. Similarly, always follow your specific vehicle manufacturer guidelines and consult certified home contractors or safety professionals for household maintenance needs.

