

# How often do I need to see the doctor?

babies	under 2 years	well baby exam and immunizations	at 1, 2, 4, 6, 9, 12, 15 and 18 months of age
children	2–6	well child exam	every year
children	7–18	well child exam	every 2 years
females	9–26	HPV vaccine	once (3 doses)
everyone	11–18	meningitis vaccine	once
everyone	over 11	tetanus-diphtheria booster	every 10 years
females	over 21	pap smear, pelvic exam	every 1–3 years
adults	over 20	blood pressure screening	every 2 years
adults	over 20	cholesterol evaluation	every 5 years
males	over 50	prostate cancer screening discussion	every year
adults	over 50	colon cancer screening	every 10 years
females	over 60	osteoporosis screening	periodic
females	over 40	breast cancer screening discussion	every 1–2 years
adults	over 60	shingles vaccine	once
adults	over 65	pneumovax vaccine	once
adults	all ages	diabetes screening	every 2–3 years



WE DELIVER.

# Better healthcare begins here.



WE DELIVER.

3908 10th Street SE, Puyallup, WA 98374

**Multi-lingual services available at all locations.**

PRSRT STD  
US POSTAGE  
PAID  
TEKS SERVICES

For an appointment, call **253-848-5951** or visit us at [www.soundfamilymedicine.com](http://www.soundfamilymedicine.com) patient services link—**mySFM**

Make Appointments  
Check Test Results  
Refill Prescriptions  
Request Referrals  
Send Messages

#### **HARTLAND/PUYALLUP**

3908 10th Street SE  
Puyallup, WA 98374

Mon–Thu 7:30am–7pm  
Fri 7:30am–5pm

#### **HARTLAND/PUYALLUP**

##### **SAME-DAY CLINIC**

Walk-ins welcome!

Mon–Thu 7:30am–8pm  
Fri 7:30am–6pm  
Sat 9am–3:30pm  
Sun 1pm–4:30pm

#### **BONNEY LAKE**

19820 Hwy 410 E  
Bonney Lake, WA 98391

Mon–Fri 8am–5pm  
Evening appointments  
available

#### **BONNEY LAKE** **SAME-DAY CLINIC**

Walk-ins welcome!

Mon–Thu 8am–6:30pm  
Fri 8am–4:30pm

#### **SUNRISE**

11216 Sunrise Blvd E  
Suite #3–106  
Puyallup, WA 98374

Mon–Fri 8am–5pm  
Evening appointments  
available