

# Vitamin D Testing

## Vitamin D screening not recommended in the general population



### What is the current vitamin D testing recommendation?

Vitamin D testing is not recommended for the general population. Your provider may consider checking your vitamin D level if you are among the small number of people that are high risk for significant vitamin D deficiency due to having certain chronic health conditions, specific symptoms, or other risk factors.

Treating slightly low vitamin D levels for otherwise healthy individuals does not require testing. In most cases, a routine test will not be covered by insurance plans unless a medically necessary health condition demands it.

### How do I make sure I'm getting enough vitamin D?

Through a combination of sun exposure, diet, and supplements as needed.

- **Consistent amounts of sun exposure:** Your body makes vitamin D when your bare skin is exposed to the sun. Five to thirty minutes of sun exposure daily to twice a week in the spring, summer, and fall may be sufficient to produce all the vitamin D your body needs throughout the year. People living in areas with limited strong mid-day sunlight will likely benefit from supplementation. Note: ultraviolet radiation from sunshine can cause skin cancer, so it's important to limit how much time you spend in the sun.
- **Eating a varied diet:** Some vitamin D can be found in fortified milk, cereal, orange juice, fatty fish, egg yolks, and cheeses. However, it is hard to get the full amount of vitamin D that you need through diet alone.
- **Supplements as needed:** Your primary care provider, who knows you well, can help you determine if and how much supplementation you may need. In routine cases, testing is not required to start supplementation. As vitamin D can interact or interfere with other medicines and supplements, talk to your healthcare provider before starting to take them.

If you have any questions, contact your primary care provider (PCP). Regular preventive care visits with a primary care provider who knows you well can help you find and treat issues before they become serious.

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