

## PREVENTIVE CARE GUIDELINE FOR ADULTS (AGE 21 AND OVER)

Screening Service	Age	How Often
History and Physical	21 years and older	Every year
Weight, Height and BMI	21 years and older	Every year at a visit to your doctor
Blood Pressure	All adults 21 years or over	Every year at a visit to your doctor
Cervical Cancer (Pap Smear)	Women 18 years to 64 years and those under 18 years who are or have been sexually active	Three consecutive normal test results and then every one to three years in low risk women
Cholesterol	All adults 21 and over	Screening every five years. Those with known risk factors more frequently as determined by doctor
Breast Cancer	Women 21 years and over	Monthly
Self Breast Exam	Women 20 to 39	Every three years
Clinical Breast Exam	Women 40 years and older	Every year
Mammogram	Women 40 and older	Every year
Colon Cancer	All adults 50 or older	Occult blood test every year. Barium enema and a sigmoidoscopy every five years. Colonoscopy every 10 years. Those with known risk factors more frequently as determined by doctor
Counseling / Health Education	All adults	At each physical, and thereafter as needed
Depression Counseling	All adults	Annually
Diabetes	45 years and older; younger than 45 if risk factors are present	Screen and then repeated by doctor as needed

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Eye Health and Vision Screening	Age 20-39 years	Eye exams if changes in vision or injury occurs
	Age 40-65 years	Baseline exam at 40 years and then re-exam every 2-4 years
	Age 66 years and older	Exam every 1-2 years
Hearing	All adults	Doctor will check periodically
Prostate Cancer - Rectal Exam and Prostate Specific Antigen (PSA) Test	Men 50 or older; Younger if strong family history	Doctor will offer and discuss various testing options. If high risk doctor may recommend testing sooner
Osteoporosis Screening	Women 65 and older	Every year. High risk women start at age 60
Hepatitis A and Hepatitis B	High risk adults	Ask your doctor
Herpes Zoster	Adults 60 years and older	One dose—Ask your doctor
Dental Benefits	21 years and older	Dental exam and cleaning every six months
		X-rays
		Fillings

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Screening Service	Age	How Often
HPV	Women 19-26 Men 22-26 years (if at risk)	Three doses—Ask your doctor
Influenza Vaccine (Flu shot)	All adults	Annually
Lyme Disease	High risk adults	Ask your doctor
Measles/Mumps/Rubella (MMR)	All adults born after 1956 without immunity or other indications	Ask your doctor
Meningococcal	High risk adults	Ask your doctor
Pneumococcal Vaccine (Pneumonia)	All adults 65 or older Under 65 with certain risk	Once in lifetime, or at the suggestion of your doctor for risk factors
Tetanus Booster	All adults—the primary series of shots	Every 10 years
Varicella	Adults with unreliable medical history	Ask your doctor
Tdap	Pregnant women, (greater than 20 weeks pregnant)  Adults in close contact with infants and healthcare personnel	Ask your doctor

**These are just recommendations. Your doctor will tell you if you need these services more or less often.**