

Guide to Adult Preventive Services for Good Health

Disease screening, counseling and education for average-risk adults without symptoms of illness or disease

Service	19-39 Years	40-64 Years	Over 65 Years
Preventive Health Visit <i>A physical exam and review of personal health risk factors, including counseling about how to stay healthy</i>	At least every 5 years <i>Should include but is not limited to:</i> Obesity Screening - Tobacco Use Counseling -Alcohol Use Counseling -Depression Screening -Calcium and Osteoporosis Counseling (women only) -Folic Acid Counseling (women of childbearing age only),		
Breast Cancer Screening – Mammogram <i>An x-ray of your breasts</i>		Women: Every 1-2 years for women ages 50-75 years. Annually for women age 40-49, if at risk*. <i>(Risk= past personal history or immediate family history of breast cancer, or previous breast biopsy with results that were of concern)</i>	
Chlamydia Screening <i>A test of a sample of body fluid or urine to determine whether chlamydia bacteria are present and may be the cause of an infection. Chlamydia is the most common bacterial sexually transmitted disease in the United States</i>	Women: All females sexually active aged 25 years or younger, <u>and</u> those at risk* <i>(with or without symptoms)</i>	If at risk* <i>(risk= having new or multiple sex partners, history or a sexually transmitted infection or not using condoms consistently or correctly)</i>	
Cervical Cancer Screening- Pap Smear A small sample of cells from the surface of the cervix is collected by your health professional. The sample is then spread on a slide (Pap smear) or mixed in a liquid fixative and sent to a lab for examination under a microscope. The cells are examined for abnormalities that may indicate abnormal cell changes, such as dysplasia or cervical cancer.	Women: Beginning at age 21 or three years after first sexual intercourse, whichever is earlier; Repeat every 3 years after three annual consecutive normal results.	Women: Every 3 years after three annual consecutive normal results.	Women: Ages 65+ with new sexual partner.
Colorectal Cancer Screening <i>Four different tests are available to test for colorectal cancer, talk to your doctor about what's best for you.</i>		Ages 50-80, or if African American begin screening at age 45 (frequency is determined by screening method chosen)	
Osteoporosis Screening– Bone Mineral Density Testing <i>A test that measures the mineral density, such as calcium, in your bones using a special X-ray. From this information, an estimate of the strength of your bones can be made.</i>		If at risk* <i>(risk = history of fracture, post-menopausal women with additional risk factors, prolonged loss of mobility, transplant recipient, other risk factors may apply)</i>	Women: Ages 65+ bone mineral density (BMD) testing
Blood Pressure Screening for Prevention of Heart Disease	Blood pressure every 2 years if less than 120/80;every year if 120/139/80-89 Hg.		
Total Cholesterol and HDL Cholesterol Testing <i>A blood test that measures the total amount of fat-like substance (cholesterol) in your blood to see if you are at risk for heart disease.</i>	Men: over age 34 every 5 years.	Women: over age 44 every 5 years. Men: every 5 years.	
Daily Aspirin Use for Prevention of Heart Disease	Women: discuss with practitioner after menopause Men: discuss with practitioner at age 40 and older If at risk* <i>(Risk= increased risk of coronary heart disease because of tobacco use, high LDL cholesterol, hypertension, or family history of premature Coronary Heart Disease)</i>		
Abdominal Aortic Aneurysm Screening <i>An ultrasound to check for a stretched and bulging section in the wall of the aorta, the large artery that carries oxygen-rich blood from the heart to the rest of the body. The weakened and bulging section may burst or rupture, causing life-threatening bleeding.</i>			Men: One lifetime screen for ages 65-74 who have ever smoked <i>(greater than 100 cigarettes in lifetime)</i>
Vision and Hearing Screening			Older adults

If at risk: Discuss with your doctor based on past and current medical history, family history, living situations, lifestyle and profession.

These are routine recommendations; your doctor may advise you differently depending on your medical history.

Please refer to the Adult Immunization Schedule for recommended vaccinations.

These recommendations do not imply that coverage is provided for these services; check your health plan first.

Reference: Institute for Clinical Systems Improvement (October 2006)