

# Guide to Preventive Services and Immunization Schedule for Adults

Disease screening, counseling and education for average-risk adults, without symptoms of illness or disease.  
These are routine recommendations; your doctor may advise you differently depending on your medical history.

The services below are recommendations for routine preventive care and not authorization for coverage. Check your individual plan first.

Service	19-39 Years	40-64 Years	Over 65 Years
<b>Health Risk Assessment</b> <i>A physical exam and review of personal health risk factors, including counseling about how to stay healthy. This may be a separately scheduled visit or in combination with a medical appointment for other health concerns.</i>  <i>Complete a personal Health Risk Assessment online and bring this to your clinic appointment. (Note: not all plans have this benefit, check your individual plan)</i>	At least every 5 years <u>Should include but is not limited to:</u> Obesity Screening Tobacco Use/Exposure Screening & Brief Intervention Alcohol Abuse Screening & Brief Counseling Depression Screening Calcium Counseling and Osteoporosis Screening (women only) Folic Acid Counseling (women of childbearing age only),		
<b>Breast Cancer Screening – Mammogram</b> <i>An x-ray of your breasts</i>		Women ages 50-75, every 1-2 years Women ages 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>	
<b>Cervical Cancer Screening- Pap Smear</b> <i>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.</i>	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.
<b>Colorectal Cancer Screening</b> <i>Four different tests are available to test for colorectal cancer, talk to your doctor about what's best for you.</i>		Begin screening at age 50, or if African American, screening at age 45 (frequency is determined by screening method chosen)	
<b>Chlamydia Screening</b> <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* (with or without symptoms)	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>	
<b>Blood Pressure Screening for Prevention of Heart Disease</b>	Blood pressure every 2 years if less than 120/80; every year if 120-139/80-89 Hg.		
<b>Cholesterol Testing</b> <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.	
<b>Daily Aspirin Use for Prevention of Heart Disease</b>		Women ages 55-79 Men ages 45-79: discuss with practitioner	
<b>Abdominal Aortic Aneurysm Screening</b> <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 65-75 who have ever smoked (greater than 100 cigarettes in lifetime)
<b>Vision and Hearing Screening</b>			Adults every 2-10 years

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

Reference: Institute for Clinical Systems Improvement (October 2009)

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<b>Vaccine</b>	<b>Protects Against</b>	<b>Ages 19-26</b>	<b>Ages 27-39</b>	<b>Ages 40-64</b>	<b>Ages 65 &amp; Older</b>
<b>Td/Tdap</b>	Tetanus (lockjaw) Diphtheria (skin lesions or breathing complications) Pertussis (whooping cough)	Tdap if previously not immunized, Td booster every 10 years			Td booster
<b>IPV</b>	Polio: a disabling condition that can lead to loss of movement from a virus that attacks the spinal cord.	Immunize if not previously immunized			
<b>Influenza vaccine</b>	Flu and complications	Annually between October and March			
<b>PPV 23</b>	Infections of the lungs (pneumonia)	Immunize once if at risk*. Re-immunize once, if at risk of losing immunity after 5 years			Immunize at age 65 if not done previously. Re-immunize once if first dose received more than 5 years ago and before age 65 or if at risk*.
<b>MMR</b>	Measles: (a virus that can cause diarrhea, ear infections, pneumonia, inflammation of the brain, seizures and death) Mumps: (a virus that can cause inflammation of the brain and spinal cord, and permanent deafness) Rubella: (a virus that can cause breathing complications)	If born during or after 1957, one dose MMR. Two doses (if at risk*)			
<b>Hep A</b>	Inflammation of the liver (Hepatitis A virus)	If at risk*			
<b>Hep B</b>	Chronic inflammation of the liver, life-long complications (Hepatitis B virus)	Immunize if not previously immunized		If at risk*	
<b>Varicella</b>	Chicken Pox	If not immune, or 2 doses not received previously.			
<b>Meningococcal</b>	An infection of the spinal cord and the fluid surrounding the brain that can cause brain damage and hearing loss. (Meningitis)	If at risk*			
<b>HPV</b>	A virus that can become a sexually transmitted disease, cause genital warts or develop into cancer of the cervix, vagina, anus or penis. (Human Papillomavirus)	If not received at age 12 (3 dose series)			
<b>Shingles</b>	A painful skin rash caused by the same virus that causes chicken pox. (Herpes Zoster)				At age 60 and older (single dose)

\*If at risk: Discuss with your doctor based on living situations, lifestyle, past and current medical history, place of employment, history of vaccines previously administered, international travel and students attending post-secondary education institutions.