



2018 Adult Preventive Health Guidelines

Guideline	21-39 Years	40-64 Years	Over 65 Years
Physical Exam	Every 2-3 years; annually if desired.		Every year
Height, Weight, BMI	Every 3-5 years		Every year
Health History	Every 3-5 years		Every year
Staying Healthy Assessment Tool (SHA Tool)	Administered with IHA and repeat at each health maintenance exam.		
Initial Health Assessment (IHA)	Within 120 days of enrollment with CHG or documented within the past 12 months prior to enrollment with CHG.		
Blood Pressure	Every 2 years if last BP < 120/80. Annually if > 120/80 and more frequently at practitioner discretion.		
Vision, Hearing, and Dental	Periodically with referral when indicated.		
Urinalysis (Diabetic Only)	Every year, unless documented history of active treatment for nephropathy.		
Tuberculosis Screening	Screened for risk factors upon enrollment and with each health maintenance exam. PPD or QuantiFERON TB test if any TB risk present. CXR taken and documented following a positive TB reading.		
Cholesterol Screening	Every 5 years for males 35 and older and females 45 and older. Begin screening at 20 if risk factors for CHD.		
Diabetic Screening	Screen for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.		
Breast Exam	Every 1-3 years for females 20-39 years old. (USPSTF/ACS)	Annually beginning at age 40. (ACOG/ACS)	
Pelvic Exam	Annually for members aged 21 and older. (ACOG August 2012)		Per practitioner discretion for members over 65 years.
Cervical Cancer Screening	Cytology screening every 3 years for women 21-65 years of age OR , for women 30-65 years of age who want to lengthen the screening interval, screening with a combination of cytology and HPV testing every 5 years. (USPSTF March 2012)		May discontinue per practitioner discretion for members over 65 years with history of consistently normal results.
Chlamydia Screening	Annually, beginning when sexually active through 25 years or per practitioner discretion if >25 years and at risk for infection.		
Screening Sexually Transmitted Infections	All who are at risk		
Prostate Specific Antigen	As appropriate		
Mammogram	Every 2 years for women age 50 and over, unless pathology demonstrated. (Every year for women age 40-50, if positive family history.) Discontinuation between ages 69-74 per practitioner discretion		
Colon Cancer Screening	N/A	Beginning at age 50 annual FOBT OR one of the following: Sigmoidoscopy (every 5 years), colonoscopy (every 10 years)	
Tetanus (Td), Tdap	Substitute one time dose of Tdap for Td booster; then boost with Td every 10 years.		
MMR	1 to 2 doses		
Varicella	2 doses offered to all ages, if not already immune		
Influenza Immunization	1 dose annually		
Pneumococcal (Polysaccharide)	1 or 2 doses 19 - 64 if at risk, >65 one dose, revaccinate per protocol		
Meningococcal	1 or more doses recommended for those at risk (i.e., college freshmen living in dorms, or someone with immune system disorder)		
Zoster	N/A	N/A	one dose starting at 60
Human Papillomavirus	Female: 3 doses up to age 26 Male: 3 doses up to age 21	N/A	N/A
Aspirin Therapy	People with risk factors for cardiovascular disease (e.g., HTN, diabetes, or smoking), men > 40 years and postmenopausal women		