

Preventative Health Care Guidelines



TYPE OF EXAM	18-39	40-49	50-64	65+
Preventive Health Visit	Baseline after age 18, then frequency determined by health status			Annually
Blood Pressure	Every visit and repeat if elevated ($\geq 140/90$)			
Eye Exam	If indicated	Baseline at age 40, then periodic eye exams as indicated		Every 1-2 years
Cervical Cancer Screening (Pap)	Age 21-29, Pap alone every three years		Age 30-65, Pap alone every 3 years, or Pap with HPV testing every 5 years (preferred)	If indicated

TESTS

Diabetes	Screening at least every 3 years if age is greater than 45, BMI (body mass index) is greater than 25, blood pressure (BP) is at or above 140/90 or any other risk factors			
Chlamydia and Gonorrhea Screening	Annually in sexually active females younger than age 25; 25 and older if new partner or other risk factors			
Syphilis Screening	In pregnant women, early in pregnancy; at least annually in adults at increased risk for infection			
Hepatitis C Screening	One-time screening for adults 18-79 years of age, periodic screening in persons who inject drugs (PWID) or if indicated for other risk factors			
HIV Screening	At least once in pregnant women; one-time screening in all adults 15-65; at least annually for males who have sex with males, persons who inject drugs (PWID) or people with other risk factors.			If indicated
Cholesterol Screening	Screen at age 20 for baseline, then every 4-6 years. Annually if elevated, being treated, or other risk factors.			
Prostate Cancer Screening (PSA)	Not indicated	African American men and men with family history of prostate cancer should consider screening at age 40-50 Average risk men aged 55-69 discuss risks and benefits Screening is not recommended in men 70 and older		
Colorectal Cancer Screening	If indicated		Screening is recommended for people age 45-75; recommended intervals based on type of screening.	

IMAGING

Abdominal Ultrasound for Abdominal Aortic Aneurysm (AAA)	Not indicated			One-time screening in men aged 65-75 if ever smoked; consider screening for women in this age group if family history of AAA
Breast Cancer Screening	Discuss with provider		Every 1-2 years for ages 40-74, >74, discuss with provider; women age 40-49 can consider biennial screening	
Bone Density Screening	Not indicated		Postmenopausal women <65 if at increased risk of fracture	Women 65 and older
Lung Cancer Screening	Not indicated		Discuss annual low-dose CT scan for individuals age 50-80 with 20 pack-year smoking history and current smoker or quit within the past 15 years	

IMMUNIZATIONS

For guidance on recommended adult vaccines, scan this QR code:



COUNSELING

Depression Screening	Annually
Tobacco, Drug/Alcohol, Intimate Partner Violence, & Sexual Health Concerns Screening	Annually

INDIVIDUALIZED PREVENTIVE SCREENING RECOMMENDATIONS

For personalized preventive screening recommendations, scan this QR code:



SOURCES: