



Adult Preventive Health Guidelines

Frequency of Physical Examination

All new members should get a baseline physical exam in the first 90 days of enrollment. Pregnant members should be seen in the first 30 days. The Cleveland Clinic's recommendations for periodic health exam visits for asymptomatic adults are:

- **Age 19 to 39:** Every 1 to 3 years. (Women should get an annual Pap smear. If 3 normal smears in a row, then 1 every 3 years.)
- **Age 40 to 64:** Every 1 to 2 years based on risk factors.
- **Age 65 and older:** Every year.

| Age: | Screening: | Frequency: |
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| • 18 years of age and older | Blood pressure, height, body mass index (BMI), alcohol use | Each year from age 18 to 21. Then, every 1 to 2 years or at PCP's recommendation. |
| • Men 35 to 65 years of age | Cholesterol (non-fasting TC/HDL) | Every 5 years (More often if elevated) |
| • Women 45 to 65 years of age | Cholesterol (non-fasting TC/HDL) | Every 5 years (More often if elevated) |
| • High risk men and women 20 years of age and older | Cholesterol (non-fasting TC/HDL) | Every 5 years (More often if elevated) |
| • Women 18 to 25 years of age who are sexually active. (Consider at age 12 if sexually active.) | Chlamydia | Each year and at PCP's recommendation |
| • Women 18 to 65 years of age (or 3 years after onset of sexual activity, whichever comes first) | Pap smear | Every 1 to 3 years |
| • Women 40 years of age and older | Mammography | Every 1 to 2 years |
| • 50 years of age and older | Colorectal | Periodically depending upon test and risk (e.g. colonoscopy every 10 years in low risk, 2 years in high risk) |
| • Women 65 years of age and older. (60 and older if at risk for fractures.) | Osteoporosis | Bone Mass Measurement every two years |
| • 65 years of age and older | Vision, hearing | Periodically |

Immunization

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| • Tetanus-Diphtheria and acellular pertussis (Td/Tdap) | Td: Every 10 years, 18 years and older/Tdap: Substitute 1 dose of Tdap for Td (one time administration) |
| • Varicella (VZV) | Susceptible adults only, 18 years of age and older – 2 doses |
| • Measles, Mumps, Rubella (MMR) | Women of childbearing age, if not already immune |
| • Pneumococcal | 65 years of age and older – 1 dose |
| • Influenza | Every year, 50 years of age and older |
| • Hepatitis B vaccine | Adults at risk, 18 years of age and older – 3 doses |
| • Meningococcal conjugate vaccine | College freshmen living in dormitories and others at risk, 18 years of age and older – 1 dose |
| • Human Papillomavirus (HPV) | For eligible members up to 26 years of age (Gardasil three shot series). |

Prevention

- Aspirin to prevent cardiovascular events.
 - ❖ Men: 40 years of age and older.
 - ❖ Women: 50 years of age and older.
- Breast cancer. (For women at high risk.)
- Prostate specific antigen (PSA) test and rectal exam. (For men 40-75 years of age per PCP's discretion.)

Counseling

- Calcium: 1,000 mg a day for women 18 to 50 years of age. 1,200 to 1,500 mg a day for women 50 years of age and older.
- Folic acid: 0.4 mg a day for women of childbearing age. 4 mg a day for women who have had children with Neural Tube Defects (NTDs).
- Breast feeding: Women after giving birth.
- Quitting tobacco; drug and alcohol use; STDs and HIV; nutrition; physical activity; sun exposure; oral health; injury prevention; polypharmacy.

References:

Guide to Clinical Preventive Services, 2007: Recommendations of the U.S. Preventive Services Task Force, 2007.

Recommended Adult Immunization Schedule – United States, October 2007-September 2008. JAMA 12/5/07 298:21

ACG Recommendations on Colorectal Cancer Screening for Average and Higher Risk Patients in Clinical Practice, April 2008.

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