



## Adult Preventive Health Information for 'Ohana Members

### Frequency of Physical Examinations

All new members should get a physical exam in their first 90 days of enrollment. Pregnant members should be seen in the first 30 days.

The Cleveland Clinic's recommendations for regular health exam visits for adults without symptoms are:

- **Age 19 to 39:** Every 1 to 3 years. (Women should get an annual Pap smear. If 3 normal tests 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
• 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 • Women 45 to 65 years of age	Cholesterol (non-fasting TC/HDL) Cholesterol (non-fasting TC/HDL)	Every 5 years (more often if elevated) 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 on 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) • 65 years of age and older	Osteoporosis Vision, hearing	Bone mass measurement every 2 years Periodically

### Immunizations

• Tetanus-Diphtheria and acellular pertussis (Td/Tdap)	Td: Every 10 years, 19 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

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• 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 3-shot series)

## Prevention

Aspirin to help prevent heart problems

- ❖ Men: 40 years of age and older
- ❖ Women: 50 years of age and older

Breast cancer screening for women at high risk

Prostate-specific antigen (PSA) test and rectal exam for men 40 to 75 years of age at PCP's discretion

## Other Guidelines

- Calcium: 1,000mg a day for women 18 to 50 years of age; 1,200 to 1,500mg a day for women 50 years of age and older
- Folic acid: 0.4mg a day for women of childbearing age; 4mg a day for women who have had children with neural tube defects (NTDs)
- Breastfeeding: recommended for all mothers and babies from 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

Press Release *CDC's Advisory Committee Recommends Human Papillomavirus Virus Vaccination* June 29, 2006

Recommended Adult Immunization Schedule – United States, 2009

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) May 2001

Bone Health and Osteoporosis: A Report of the Surgeon General (2004)

Cleveland Clinic [www.cchs.net/health/health-info](http://www.cchs.net/health/health-info) Periodic Health Exams and Cancer Screening

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

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**\* Subject to Medicaid coverage.**

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