



Preventative Care for Adults

Physical exams

Here's how often you should have a complete physical by your doctor.

Age	Recommendation
19 to 21 years	One visit every 2 to 3 years; every year if you choose
22 years to 64 and older	One visit every 2 years; every year if you choose
65 and older	One visit every year

Vaccinations recommended for adults

Immunization	Recommendation
Hepatitis A	Two doses for high risk groups
Hepatitis B	Three doses for high risk groups
Herpes zoster (shingles)	One dose at age 60 and older
Human papillomavirus (HPV)	Three dose series at ages 19 to 26 years on a 0-, 2- and 6-month schedule for females. The second dose to be given at least 4 weeks after the first. The third dose to be given at least 12 weeks after the second. There must be 24 weeks between the first and third dose.
Influenza	Every year
Measles, mumps, rubella (MMR)	One to two doses if not vaccinated previously or no history of the disease. For high risk groups between ages 40 and 64 and if at risk after 65.
Meningococcal	For ages 19 to 24, one dose if not previously vaccinated. For high risk groups age 40 and older.
Pneumococcal	One dose after age 65. If high risk, one dose before age 65 followed by a booster after age 65.
Tetanus, diphtheria and pertussis (Td/Tdap)	One dose of Tdap if pertussis booster not received previously regardless of when last tetanus vaccine was given. Follow with Td every 10 years.
Varicella (chicken pox)	Two dose series for adults if no history of varicella and no previous vaccination





Personal Health

Screenings and tests recommended for adults

Assessments, screenings, and counseling	Recommendation
Abdominal aortic aneurysm screening	One-time screening for men between the ages of 65 and 75 who have ever smoked
Alcohol misuse screening	All adults at physical exam
Anticipatory guidance for: <ul style="list-style-type: none"> Family and intimate partner violence Breast self-exam Menopause counseling Safety, falls and injury prevention 	At physician discretion for all adults
Bacteriuria screening with urine culture (urinary tract or other infection screening)	Pregnant women between 12 and 16 weeks gestation or during first prenatal visit if later
Blood pressure screening	All adults at physical exam
Breast cancer screening	Mammogram once every 2 years for women ages 40 and older.
Breast feeding counseling	Interventions to support and promote breast feeding for new mothers
Cervical dysplasia/cancer screening	Start screening at beginning of sexual activity or at 21, whichever is first. Annual screening up to age 30. For ages 30 and older, screening every two to three years. Suggest stopping at 70 if three or more normal Pap tests in a row, no abnormal Pap test in previous 10 years and not at high risk.
Chlamydia infection, gonorrhea and syphilis screenings Sexually transmitted infection	All sexually active adults to be screened for chlamydia, gonorrhea, syphilis, and HIV
Colorectal cancer screening	Beginning at age 50, one of the following screening options: <ul style="list-style-type: none"> Colonoscopy every 10 years Flexible sigmoidoscopy every five years Fecal occult blood test annually Those with a family history (first degree relative) of colorectal cancer or adenomatous polyps: begin screening at age 40 or 10 years before the youngest case in the immediate family. Colonoscopy every five years. Consider stopping screening at age 75. Use individual consideration between ages 75 and 85. Screening is not recommended for individuals older than 85
Counseling for breast cancer chemoprevention	Counseling for women at high risk for breast cancer who might benefit from chemoprevention. Discuss benefits and harms of chemoprevention.





Personal Health

Assessments, screenings, and counseling	Recommendation
Counseling related to BRCA screening	Women at high risk
Depression screening	All adults, every year during physical exam
Diabetes screening (Type 2)	Fasting plasma glucose test every 3 years in adults with ongoing treated or untreated blood pressure greater than 135/80
Diet counseling	Adults at higher risk for chronic disease
Height, weight and body mass index (BMI)	All adults during physical exam
Hematocrit or hemoglobin screening	Pregnant women at their first prenatal visit
Hepatitis B screening	Pregnant women at their first prenatal visit
Iron deficient anemia screening	On a routine basis for pregnant women
Lipoprotein profile	A fasting lipoprotein profile (total cholesterol, LDL, HDL and triglycerides) once every 5 years
Medical history	All adults during annual physical exam
Obesity screening and counseling	Screening for obesity as well as counseling and behavioral interventions
Osteoporosis screening	A screening once every 2 years during physical exam for women 40 years and older. (Does not include density test.) A bone mineral density test every 2 years for post-menopausal women with risk factors beginning at age 50. If no risk factors, every 2 years beginning at age 65.
Rh incompatibility screening	All pregnant women on first visit and follow-up testing for women at high risk
Sexually transmitted infection (STI) prevention counseling	Adults at high risk
Tobacco use screening and counseling	At each visit. Includes cessation counseling and intervention for tobacco users. Expanded counseling for pregnant women.
Tuberculosis testing	Adults at high risk of tuberculosis





Personal Health

Prescription drugs adults may need for preventive care

These drugs may be provided to you at no charge if your plan is not "grandfathered" under the Affordable Health Care Act of 2010. If your plan is "grandfathered," these prescriptions will be covered according to your prescription plan.

Prescription	Recommendation
Folic acid supplements	Women of childbearing age, 0.4 to 0.8 mg of folic acid
Low-dose aspirin therapy for the prevention of cardiovascular disease	Men ages 45 to 79 years, women age 55 to 79 years, and others with risk factors for heart disease. Consult your doctor before beginning aspirin therapy.

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