

# Selected 2014 Preventive Health Guidelines

Regular checkups are an important part of preventive care. Use this handy guide to learn about screenings you and your family may need. Ask your doctor if he or she has any specific screening recommendations based on your needs.

Screenings▼	Age ▶	18–39 Years	40–50 Years	51–60 Years	60+ Years
Physicals/health assessments		Every two years or as determined by physician.	Recommended every two years.	Recommended annually.	Recommended annually.
Height and weight		Every office call or frequency determined by physician.			
Total blood cholesterol		Beginning at age 20. Should be done every five years or more frequently if recommended by a physician, per the American Heart Association and National Institutes of Health.			
Blood pressure screening		Each office call but at least every two years beginning at age 20 unless physician advises differently.			
Vision screening		Recommended annually.			
Glaucoma screening		If at high risk, every two years. Talk with your physician to determine the benefits of testing and frequency			
Screening for hearing impairment					Recommended for ages 65+.
Dilated retinal examination for members with diabetes		*Recommended annually.			
Clinical breast exam		Beginning at age 20, every three years.	At age 40, yearly.		
Mammogram			Recommended annually, per American Cancer Society guidelines.		
Pelvic exam/Pap smear		Age 21–64, every three years or as determined by your physician.			
Chlamydia screening		For all sexually active non-pregnant women ages 24 and younger.	Recommended for non-pregnant women who are at an increased risk.		
High-sensitivity fecal occult blood test (FOBT), sigmoidoscopy or colonoscopy				Beginning at age 50, both men and women should follow ONE of these screening options: <ul style="list-style-type: none"> <li>• Annual screening with high-sensitivity fecal occult blood testing</li> <li>• Double-contrast barium enema every five years</li> <li>• Sigmoidoscopy every 5 years, with high sensitivity fecal occult blood testing every 3 years</li> <li>• Colonoscopy every 10 years.</li> </ul> People older than age 75 should talk with their doctors about testing.	
Prostate-specific antigen (PSA) screening		Men ages 40+: Talk with your physician to determine the benefits of testing and the frequency.			
Depression and dementia screening					Should be done periodically, frequency to be determined by physician.
Bone mass measurement					Ages 60–64, should be done periodically if at high risk for osteoporosis. Ages 65+ should be done periodically, frequency to be determined by physician.
Dental Screening		Annually, all ages			
Depression Screening		18+			
Dementia Screening					65+. Discuss with physician to determine benefits of screening



All patients should be periodically screened and counseled as appropriate regarding injury prevention, nutrition, adequate calcium intake and osteoporosis, physical activity, obesity, breast and testicular self-exams, dental care, low back pain, sun protection, tobacco usage, alcohol and substance abuse, prescription drug misuse and abuse, signs and symptoms of depression, stroke prevention, and family violence and abuse.

Not nationally recommended for this age group
  Recommended for certain high-risk groups  
 Range of recommended ages
  Frequency determined by physician

This schedule indicates the current recommended preventive care guidelines for adults 18 and older. ADVANTAGE Health solutions, Inc., adopts the most current recommendations approved by the U.S. Preventive Clinical Task Force, the National Institutes of Health, and the American Cancer Society.