

Selected 2015-2016 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
Wellness screening check-up		Every two years or as determined by physician.	Every 1-2 years or as determined by physician.	Recommended annually.	Recommended annually.
Height/weight/body mass index		Every office visit or frequency determined by physician.			
Total blood cholesterol		Beginning at age 20. The American Heart Association recommends testing every 4-6 years for healthy adults not diagnosed with heart disease, or more frequently if recommended by your physician.			
Blood pressure screening		Each office visit but at least every two years beginning at age 20, unless physician advises differently.			
Vision screening: Healthy Adults		Every 2 years	1-3 years	1-3 years	Every 1-2 years
Glaucoma screening		If at high risk, talk with your physician to determine the benefits of testing and frequency.			
Screening for hearing impairment					Recommended for ages 65+ if symptoms of hearing loss.
Dilated retinal examination for members with diabetes		*Recommended annually.			
Clinical breast exam (performed by a healthcare professional)		Beginning at age 20, every three years.	At age 40, yearly.		
Mammogram			Recommended annually, per American Cancer Society guidelines.		
Pelvic exam/Pap smear/HPV Testing		Age 21-29, pap smear every three years. Age 30 to 64, pap smear every three years or every 5 years if both Pap smear and HPV testing done.			
Chlamydia screening		Testing of all sexually active women age 25 and younger.	Recommended for women ages 26-64 who are sexually active and considered high risk.		
Colorectal cancer screening, 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"> • Annual screening with high-sensitivity fecal occult blood testing • Double-contrast barium enema every 5 years • Sigmoidoscopy every 5 years, with high sensitivity fecal occult blood testing every 3 years • Colonoscopy every 10 years. People older than age 75 should talk with their doctors about testing.	
Dental screening		Annual exam and cleaning.			
Depression screening		Ages 18+			
Diabetes screening		The American Diabetes Association recommends screening if you have a Body Mass Index >25 (overweight), elevated blood pressure or other risk factors such as a family history. *The ADA also recommends screening persons with risk factors, regardless of age.		For age 45 and older, the American Diabetes Association recommends screening every 3 years.	
HPV immunization (prevents cervical and other cancers in both men and women)		Females, age 11 through 26. Males, age 11 through 21. *This is a three-dose vaccine. All doses must be completed.			



All patients should be periodically screened and counseled as appropriate regarding injury prevention, nutrition, adequate calcium intake and osteoporosis, physical activity, obesity, low back pain, sun protection, tobacco usage, alcohol and substance abuse, prescription drug misuse and abuse, 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 Services Clinical Task Force, the National Institutes of Health, the American Heart Association, American Diabetes Association and the American Cancer Society.