



2011 Adult Preventive Health Guidelines

Guideline	18-40 Years	40-50 Years	50-65 Years	Over 65 Years
Physical Exam*	Every 3-5 years for members less than 50		Every 2-3 years for persons 50-65	Every year for persons over 65
Height, Weight, BMI	Every 3-5 years for members less than 50		Every 2-3 years for persons 50-65	Every year for persons over 65
Health History*	Every 3-5 years for members less than 50		Every 2-3 years for persons 50-65	Every year for persons over 65
Staying Healthy Assessment Tool (SHAT)*	Every 3-5 years for members aged 18 and older			
Initial Health Assessment (IHA)*	Within 120 days of enrollment with CHG or documented within the past 12 months prior to enrollment with CHG			
Blood Pressure	Documented at least once every 2 years and taken more frequently at practitioner discretion			
Urinalysis (Diabetic Only)	Every year, unless documented history of active treatment for nephropathy			
Cholesterol	Periodic screening for males aged 35-65 and females aged 45-65			
Breast Exam	Every 3 years for females 18-40 years	Every year for females over 40 years		
Pelvic Exam	Every 3 years for members aged 18-64 or onset of sexual activity			Per practitioner discretion for members over 65 years
Pap Smear	Yearly from onset of sexual activity and then every 3 years after 3 consecutive negative results for female members who have a cervix			Per practitioner discretion for members over 65 years with history of consistently abnormal results
Chlamydia	Annually, beginning when sexually active through 25 years or per practitioner discretion if >25 years and at risk for infection			
Sexually Transmitted Diseases	All who are at risk.			
Mammogram	Every 2 years for women age 40-50, unless pathology demonstrated. (Every year for women age 40-50, if positive family history.) Every year for women 51-75.			
Colon Cancer Screening	N/A	FOBT every year for all persons aged 50 years or older, and one of the following: Sigmoidoscopy (every 5 years), colonoscopy (every 10 years)		
Tetanus (Td), Tdap	Offered and administered every 10 years, Tdap is recommended once for adults who have not received Tdap previously			
MMR	1 or 2 doses offered to all at age 19-49, if not already immune			
Varicella	2 doses offered to all ages, if not already immune			
Influenza Immunization	1 dose offered and documented annually			
Pneumococcal (Polysaccharide)	1 or 2 doses 19 - 64 if at risk, >65 revaccinate per protocol			
Meningococcal	1 or more doses recommended for those at risk (i.e., college freshmen living in dorms, or someone with immune system disorder)			
Zoster	N/A	N/A	one dose \geq 60	
Tuberculosis Screening	Screened for risk factors upon enrollment and with each physical exam			
Mantoux Skin Test	Administered to asymptomatic persons at increased risk of developing TB irrespective of age and not administered with a previously positive skin test			
CXR	Taken, with results documented, following a positive PPD reading			
Aspirin Therapy	People with risk factors for cardiovascular disease (e.g., HTN, diabetes, or smoking), men > 40 years and postmenopausal women			
Human Papillomavirus	3 doses between 18 and 26 years	N/A	N/A	N/A
Diabetic Screening	Screen for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.			