

# Adult Preventive Medicine



		Ages 18 – 35	Ages 40 – 49	Ages 50 -64	Ages 65+
<b>Pelvic &amp; Pap Test</b> <a href="http://www.ahrq.gov/clinic/pocketgd.htm">http://www.ahrq.gov/clinic/pocketgd.htm</a>	Women	Begin within 3 years of onset of sexual activity or no later than age 21. Pap test yearly (or every 3 years after having three yearly normal Pap tests). Stops at age 65 unless high risk (previous positive Pap tests or previous cervical CA).			
<b>Mammogram</b> <a href="http://www.ahrq.gov/clinic/pocketgd.htm">http://www.ahrq.gov/clinic/pocketgd.htm</a>	Women		Every 1-2 years	Every 1-2 years	Every 1-2 years
<b>Colonoscopy</b> <a href="http://www.ahrq.gov/clinic/pocketgd.htm">http://www.ahrq.gov/clinic/pocketgd.htm</a>	Women/Men			Fecal occult blood annually for age>50. Begin screening with sigmoidoscopy or colonoscopy at age 50 A series of 3 fecal occult blood tests required to meet HEDIS screening requirements	
<b>Cardiovascular Disease</b>					
<b>High Blood Pressure</b> <a href="http://www.ahrq.gov/clinic/pocketgd.htm">http://www.ahrq.gov/clinic/pocketgd.htm</a>	Women/Men	Note new high blood pressure values – Normal <120/80; pre-hypertension 120-139/80-89; hypertension > 140/90			
<b>Lipids</b> <a href="http://www.ahrq.gov/clinic/pocketgd.htm">http://www.ahrq.gov/clinic/pocketgd.htm</a>	Women/Men	Non-fasting total cholesterol and HDL-c beginning at age 35 for men and age 45 for women. Repeat every 5 years. Have a fasting lipid profile done if total cholesterol > 200 or if other risk factors			
<b>Infectious Diseases</b>					
<b>Chlamydia Screening</b> <a href="http://www.ahrq.gov/clinic/pocketgd.htm">http://www.ahrq.gov/clinic/pocketgd.htm</a>	Women	All sexually active females younger than 25 years of age and all pregnant females at increased risk			
<b>Hepatitis B</b> <a href="http://www.ahrq.gov/clinic/pocketgd.htm">http://www.ahrq.gov/clinic/pocketgd.htm</a>	Women (Pregnant)	All pregnant women at first prenatal visit.			
<b>Routine Preventive Care</b>					
<b>Immunizations</b> <a href="http://www.cdc.gov/nip/recs/adult-schedule.htm">http://www.cdc.gov/nip/recs/adult-schedule.htm</a> Substitute 1-time dose of Tetanus-Diphtheria-acellular Pertussis (Tdap) for Tetanus Diphtheria (Td)	Women/Men	Tdap or Td – every 10 years  Varicella – 2 doses if not previously given  Gardasil (HPV vaccine) –3 dose series for females age 9 - 26.	Td or Tdap every 10 years.	Influenza yearly  Zostavax (shingles) – one dose after turning age 60  Td or Tdap every 10 years	Pneumococcal – one dose routinely  Tetanus-Diphtheria (Td) – every 10 years
<b>Bone Mineral Content</b> <a href="http://www.ahrq.gov/clinic/pocketgd.htm">http://www.ahrq.gov/clinic/pocketgd.htm</a>	Women			Screen all women > 65 years of age, at-risk women > 60 years of age. DXA of femoral neck is considered the best method	

In its efforts to improve member awareness of nationally established screening guidelines for common disease states, VISTA Healthplans support the preventive care screening guidelines for adults recommended by the United States Preventive Services Task Force (USPSTF). Members and providers may access the USPSTF periodicity screening in its entirety at: <http://www.ahrq.gov/clinic/pocketgd.htm> Members are encouraged to familiarize themselves with these guidelines and to discuss them with their providers. As with all guidelines, they are intended to assist in the prevention of disease and in the identification and treatment of asymptomatic patients with pre-clinical disease. This guideline is referenced with the understanding that a physician's screening and treatment plan for any particular patient will be individualized. It is important to note that alternative screening guidelines exist, and physicians and members are encouraged to refer to other authoritative sources as their individual clinical situation may require. VISTA does not intend to exercise any control or direction over a treating provider's medical judgment or clinical decisions, or to interfere with the physician/patient relationship.