

# Adult Preventive Health Guidelines

These guidelines help you to know what services you should expect or request during visits to your doctor. Preventive services include those services that directly prevent diseases, such as vaccinations, and those that detect diseases in the pre-disease or early disease states such as screening tests for cancer, hypertension, diabetes, and obesity.

We encourage you to get the recommended clinical preventive services to improve your health and quality of life.

It is your doctor's responsibility to decide which tests should be performed and how often they should be performed.

Please note: The physical exam benefit limit may not cover the full cost of all of the tests and immunizations listed below

## Physical Exam

	18-25 years	26-39 years	40-49 years	50-65 years	65+ years
<b>Routine Physical Exam (RPE)</b>	Every 5 years	Every 5 years	Every 2-3 years	Every 1-2 years	Every 1-2 years
<b>Height, Weight, Body Mass Index, Blood Pressure</b>	Every 2-3 years	Every 2-3 years	Every 2-3 years	Every 1-2 years	Every 1-2 years
<b>Cancer Exams</b> Thyroid, Mouth, Skin, Ovaries, Testicles, Lymph Nodes	Every 5 years with Routine Physical Exam	Every 5 years with Routine Physical Exam	Every 2-3 years with Routine Physical Exam	Every 1-2 years with Routine Physical Exam	Every 1-2 years with Routine Physical Exam
<b>Clinical Breast Exam (CBE)</b>	Every 1-3 years	Every 1-3 years	Every 1-2 years	Annually	Annually
<b>Self Exams</b> Breasts, Testicles	Monthly	Monthly	Monthly	Monthly	Monthly
<b>Prostate Cancer/Digital Rectal Exam (DRE)</b>			After 40, every 3-4 years	Annually	Annually
All of the services listed above could be covered under the preventive services benefit					

## Screening Tests

	18-25 years	26-39 years	40-49 years	50-65 years	65+ years
Cervical Smear with Pelvic Exam (PAP)	Every 1-3 years beginning at age 18 or when sexually active	Every 1-3 years	Every 1-3 years	Every 1-3 years	Discuss with physician
This screening test could be included in the preventive services benefit					
Chlamydia Screen for women at high risk	Every 6 months for sexually active females age 25 and under	Annual screening for sexually active females above age 25 at high risk			
This screening test could be included in the preventive services benefit					
Mammography		Initial mammogram to determine baseline	Every 1-2 years	Annually	Annually
Coverage for one baseline mammogram for age 35-39; one mammogram every two calendar years for age 40-49; one mammogram every year for age 50 and over. Also covered upon recommendation of physician based upon family history.					
Colorectal Cancer Fecal Occult Blood				Annually	Annually
Suggested coverage for one fecal occult blood stool test every year beginning at age 50					
Sigmoidoscopy or Double Contrast Barium Enema				Every 5 years	Every 5 years
Coverage for one flexible sigmoidoscopy or one double contrast barium enema every five years beginning at age 50. Also covered upon recommendation of physician based upon family history. Would review with medical management vendor.					
Colonoscopy				Every 10 years	Every 10 years
Suggest Coverage for one colonoscopy every 10 years beginning at age 50. Also covered upon recommendation of physician based upon family history.					
Prostate Specific Antigen (PSA) Screening			Start at age 40 if family history of prostate cancer	Annually	Annually
This screening test could be included in the preventive services benefit					
Osteoporosis Screening (Bone Mineral Density)				Baseline bone mineral density screening; then every 2 years up to age 65 if normal	After 3 consecutive normal tests, no further testing recommended
This screening test could be included in the preventive services benefit					
Depression Screening	With routine physical exam	With routine physical exam	With routine physical exam	With routine physical exam	With routine physical exam
This screening test could be included in the preventive services benefit					
Vision/Hearing Screening					Yearly
Vision coverage is most often limited when offered.					

## Laboratory Tests

	18-25 years	26-39 years	40-49 years	50-65 years	65+ years
Lipid Panel	At age 20 if you smoke, have heart disease or family history of high cholesterol	Every 5 years	Every 5 years	Every 5 years	Every 5 years
Complete Blood Count/Urinalysis	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended
Chemistry Panel (liver and kidney function)	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended
Glucose			At age 45, then every 3 years; test more often if at high risk for diabetes	Every 3 years	Every 3 years
Chest X-ray/EKG	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended	Not a routine test. As needed or recommended
<b>These screening tests could be included in the preventive services benefit</b>					

## Immunizations

	18-24 years	25-64 years	65+ years
<b>Tetanus/Diphtheria Vaccine</b>	After primary immunization series, booster dose once every 10 years	Booster dose once every 10 years	Booster dose once every 10 years
<b>Measles and Mumps</b>	Two shots for adults born after 1956 without proof of previous immunization or immunity. Not to be given during pregnancy or to women planning pregnancy within 4 weeks	Two shots for adults born after 1956 without proof of previous immunization or immunity. Not to be given during pregnancy or to women planning pregnancy within 4 weeks	Adults born before 1957 are generally considered to be immune to measles and mumps
<b>Rubella</b>	One dose for non-pregnant adults without documentation of immunization or immunity	One dose for non-pregnant adults without documentation of immunization or immunity	
<b>Varicella (chicken pox)</b>	One series of two doses 4-8 weeks apart for non-pregnant adults with no history of chicken pox or prior immunization	One series of two doses 4-8 weeks apart for non-pregnant adults with no history of chicken pox or prior immunization	
<b>Influenza</b>	Annually every fall	Annually every fall	Annually every fall
<b>Hepatitis B</b>	High risk individuals	High risk individuals	High risk individuals
<b>Pneumococcal Vaccine</b>	One dose for most people; high risk people may need a booster dose every 6 years	One dose for most people; high risk people may need a booster dose every 6 years	One dose for most people; high risk people may need a booster dose every 6 years
<b>All immunizations listed are included in the preventive services benefit when provided in the schedule of benefits</b>			