

**PREVENTIVE HEALTH GUIDELINES**  
**Peach State Health Plan**  
**Adult Preventive Health Guidelines**

	<u>19-39 Years</u>	<u>40-49 Years</u>	<u>50-64 Years</u>	<u>65+ Years</u>	
<b>Physical Exam</b>	Exam, Height, Weight, <b>Body Mass Index (BMI)</b>	Exam once every 5 years Weight, Height, BMI Every 2-3 years	Exam once every 5 years Weight, Height, BMI Every 2-3 years	Annual Exam with Weight, Height, BMI at each visit	
	B/P	Have your B/P checked at least every 2 years		Yearly and as recommended by our doctor	
	Vision	Diabetics should have a annual eye exam including a retinal exam			Yearly
	Hearing	Discuss with your doctor			
<b>S c r e e n i n g &amp; T e s t s</b>	Colon Cancer	N/A		Colonoscopy beginning at age 50, repeat as per your doctor's recommendation	
	Cholesterol	<u>Males: 35 to 65 years of age</u> <u>Females: 45 to 65 years of age</u> The U.S. Preventive Services Task Force (USPSTF) strongly recommends that clinicians routinely screen <u>men aged 35 years and older and women aged 45 years and older</u> for lipid disorders and treat abnormal lipids in people who are at increased risk of coronary heart disease			
	Breast Cancer	Females: Mammogram <u>beginning at age 40</u> , then every 1 to 2 years			
	Chlamydia	Females: The USPSTF strongly recommends that clinicians routinely screen all sexually active women aged <u>25 years and younger</u> , and other asymptomatic women at increased risk for infection, for chlamydial infection.			
	Sexually Transmitted Disease	Males and Females should discuss risks and screening with your doctor			
	Cervical Cancer	Annually			The USPSTF recommends against routinely screening women older than age 65 for cervical cancer if they have had adequate recent screening with normal Pap smears and are not otherwise at high risk for cervical cancer.
	Depression	Routine screening of all adults			
	Tuberculosis	Discuss screening with your doctor			
	Osteoporosis	Discuss prevention and weight bearing exercise with your doctor		All Females: your doctor may consider bone density testing at age 60 for those at risk for fractures and all females should have baseline bone density beginning at age 65	
	Diabetes	Discuss screening with your physician			

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	Abdominal Aortic Aneurysm		If you have ever smoked, have this one-time-only exam done between ages 65 and 72. The USPSTF recommends one-time screening for abdominal aortic aneurysm (AAA) by ultrasonography in men aged 65 to 75 who have ever smoked.
	Tobacco use	The USPSTF strongly recommends that clinicians screen all adults for tobacco use and provide tobacco cessation interventions for those who use tobacco products.	
	HIV, Screening	Screen all adolescents and adults at increased risk for HIV infection. Screen all pregnant women	
	Alcohol misuse	USPSTF recommends screening and behavioral counseling interventions to reduce alcohol misuse by adults in primary care settings.	

Sources:

U.S. Preventive Services Task Force (USPSTF). Guide to Clinical Preventive Services, 3rd Edition Baltimore: Williams & Wilkins, 2007.  
 Agency for Healthcare Research and Quality (AHRQ) Your Checklist for Health Women, Men February 2007  
 Recommended Clinical Preventive Services for Adult Men/Women. American Academy of Family Physicians. August, 2007

[http://www.cdc.gov/nccdphp/dnpa/hwi/resources/screening\\_matrix.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/resources/screening_matrix.htm) Page last reviewed: May 22, 2007  
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