

# Preventive Care of Adults Ages 19 Years and Older

Guidelines are intended to be flexible. They serve as reference points or recommendations, not rigid criteria. Guidelines should be followed in most cases, but there is an understanding that, depending on the patient, the setting, the circumstances, or other factors, care can and should be tailored to fit individual needs.

SCREENING – AVERAGE RISK		
PROCEDURE	WOMEN	MEN
Abdominal Aortic Aneurysm		At age 65-75 - one time screening by ultrasonography for men who have ever smoked (at least 100 cigarettes in a person's lifetime) (B)
Blood Pressure	Screening every 2 years in persons with blood pressure less than 120/80 mmHg and every year with systolic blood pressure of 120 to 139 mmHg or diastolic blood pressure of 80 to 90 mmHg	
Breast Cancer Screening	Age 40-70 - screening mammography examination every 1- 2 years (B).	
Cervical Cancer Screening	Within 3 years of onset of sexual activity or age 21 (whichever comes first), at least every 3 years (A). Age 65 and older – if recent abnormal results	
Chlamydia Screening	Routine screening of all sexually active non-pregnant young women aged 24 and younger or for older non-pregnant women who are at increased risk. (A)	
Colorectal Cancer Screening	Beginning at age 50 years and continuing until age 75 years. (A). For African Americans, begin screening at 45 years of age and older. In persons at higher risk, initiating screening at an earlier age is reasonable.  Intervals for recommended screening strategies: <ul style="list-style-type: none"> <li>• Screening colonoscopy every 10 years.</li> <li>• Annual screening with high-sensitivity fecal occult blood testing</li> <li>• Sigmoidoscopy every 5 years, with high-sensitivity fecal occult blood testing every 3 yrs</li> </ul>	
Depression Screening	Screen for depression (B) (assuming systems are in place to assure accurate diagnosis, effective treatment, and follow-up)	
HIV Screening	Routine voluntary screening as a normal part of medical practice for patients up to those age 65.	
Hearing Impairment	Age 65 and older - Periodically question about hearing. Counsel about availability of treatment when appropriate	
Lipid Screening	Screen at age 20 to 45 for lipid disorders if they are at increased risk for CHD (B)  Screen at aged 45 and older for lipid disorders every 5 years (A)	Screen at age 20 to 35 for lipid disorders if they are at increased risk CHD. (B)  Screen men aged 35 and older for lipid disorders every 5 years (A)
Obesity Screening	Screen for obesity (B). Use height and weight to calculate BMI.	
Osteoporosis Screening	Age 60 - Routine screening for women at increased risk for osteoporotic fractures (B) Age 65 and older - Routine screening for all women (B)	
Visual Impairment	Age 65 and older - encourage periodic eye exam by specialist.	

# Preventive Care of Adults Ages 19 Years and Older

## SCREENING – AT RISK

PROCEDURE	WOMEN	MEN
<b>Diabetes</b>	Screen for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg. (B)	
STD Testing Based on Risk (other than Chlamydia, HIV)	Screen those at increased risk. (A,B)	
<b>Tuberculosis</b>	Screen those at increased risk. (A).	

## IMMUNIZATIONS

PROCEDURE	WOMEN	MEN
See attached Adult Immunization Table (CDC/ACIP).		

## PROPHYLAXIS

PROCEDURE	WOMEN	MEN
<b>Aspirin</b>	Women age 55 to 79 years: Encourage aspirin use when potential CVD benefit (strokes prevented) outweighs potential harm of GI hemorrhage. (A)	Men age 45-79 Years: Encourage aspirin use when potential CVD benefit (MIs prevented) outweighs potential harm of GI hemorrhage (A)

## COUNSELING

PROCEDURE	WOMEN	MEN
<b>Advance Care Planning</b>	Age 18 and older - counsel all individuals regarding completion of advance directives.	
<b>Alcohol Misuse</b>	Screen for alcohol misuse. Counsel those with “risky/hazardous” or “harmful” consumption (B).	
<b>Calcium</b>	Assess dietary intake, encourage supplementation when appropriate.	
<b>Dental Health</b>	Encourage oral hygiene and visit to dental care provider.	
<b>Diet Counseling</b>	For those with hyperlipidemia or other known risk factors for cardiovascular and diet-related chronic conditions - counsel (intensive) or refer regarding diet (B).	
<b>Family Violence and Intimate Partner Violence</b>	For those at risk, screen for physical and behavioral signs and symptoms associated with abuse or neglect.	
<b>Folate</b>	During childbearing years, encourage 0.4mg/day.	
<b>Injury Prevention</b>	Counsel regarding accidental injury prevention including (as appropriate): lap/shoulder belt use, bicycle safety, motorcycle helmet use, smoke detectors, poison control center number, and driving while intoxicated.	
<b>Obesity Counseling</b>	Screen all adult patients for obesity and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults. (B)	
<b>Sexual Health</b>	Counsel regarding the risks for sexually transmitted diseases (STDs) and how to prevent them.	
<b>Tobacco Use</b>	Screen for tobacco use and provide interventions (counseling, pharmacotherapy) for those who use tobacco products (A).	

References:

- *Guide to Clinical Preventive Services, 2008.* AHRQ Publication No. 08-05122, September 2008. AH RQ, Rockville, MD.
- *Summary of Recommendations for Clinical Preventive Services.* AAFP Policy Action, Revision 6.8, January 2009. Order No. 1968.
- *Health Care Guideline: Preventive Services for Adults.* Institute for Clinical Systems Improvement. Fourteenth Edition/October 2008.

# Recommended Adult Immunization Schedule UNITED STATES - 2009

Note: These recommendations *must* be read with the footnotes that follow containing number of doses, intervals between doses, and other important information.

**Figure 1. Recommended adult immunization schedule, by vaccine and age group**

VACCINE ▼	AGE GROUP ▶	19–26 years	27–49 years	50–59 years	60–64 years	≥65 years
Tetanus, diphtheria, pertussis (Td/Tdap) <sup>1,*</sup>		Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs				Td booster every 10 yrs
Human papillomavirus (HPV) <sup>2,*</sup>		3 doses (females)				
Varicella <sup>3,*</sup>		2 doses				
Zoster <sup>4</sup>					1 dose	
Measles, mumps, rubella (MMR) <sup>5,*</sup>		1 or 2 doses		1 dose		
Influenza <sup>6,*</sup>		1 dose annually				
Pneumococcal (polysaccharide) <sup>7,8</sup>		1 or 2 doses				1 dose
Hepatitis A <sup>9,*</sup>		2 doses				
Hepatitis B <sup>10,*</sup>		3 doses				
Meningococcal <sup>11,*</sup>		1 or more doses				

\*Covered by the Vaccine Injury Compensation Program.

**Yellow:** For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of prior infection)  
**Purple:** Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle, or other indications)  
**White:** No recommendation

Report all clinically significant postvaccination reactions to the Vaccine Adverse Event Reporting System (VAERS). Reporting forms and instructions on filing a VAERS report are available at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or by telephone, 800-822-7967.

Information on how to file a Vaccine Injury Compensation Program claim is available at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) or by telephone, 800-338-2382. To file a claim for vaccine injury, contact the U.S. Court of Federal Claims, 717 Madison Place, N.W., Washington, D.C. 20005; telephone, 202-357-6400.

Additional information about the vaccines in this schedule, extent of available data, and contraindications for vaccination is also available at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) or from the CDC-INFO Contact Center at 800-CDC-INFO (800-232-4636) in English and Spanish, 24 hours a day, 7 days a week.

Use of trade names and commercial sources is for identification only and does not imply endorsement by the U.S. Department of Health and Human Services.

**Figure 2. Vaccines that might be indicated for adults based on medical and other indications**

VACCINE ▼	INDICATION ▶	Pregnancy	Immuno-compromising conditions (excluding human immunodeficiency virus [HIV]) <sup>13</sup>	HIV infection <sup>3,12,13</sup> CD4+ T lymphocyte count		Diabetes, heart disease, chronic lung disease, chronic alcoholism	Asplenia <sup>12</sup> (including elective splenectomy and terminal complement deficiencies)	Chronic liver disease	Kidney failure, end-stage renal disease, receipt of hemodialysis	Health-care personnel		
				<200 cells/μL	≥200 cells/μL							
Tetanus, diphtheria, pertussis (Td/Tdap) <sup>1,*</sup>		Td	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs									
Human papillomavirus (HPV) <sup>2,*</sup>			3 doses for females through age 26 yrs									
Varicella <sup>3,*</sup>		Contraindicated		2 doses								
Zoster <sup>4</sup>		Contraindicated		1 dose								
Measles, mumps, rubella (MMR) <sup>5,*</sup>		Contraindicated		1 or 2 doses								
Influenza <sup>6,*</sup>			1 dose TIV annually								1 dose TIV or LAIV annually	
Pneumococcal (polysaccharide) <sup>7,8</sup>			1 or 2 doses									
Hepatitis A <sup>9,*</sup>			2 doses									
Hepatitis B <sup>10,*</sup>				3 doses								
Meningococcal <sup>11,*</sup>			1 or more doses									

\*Covered by the Vaccine Injury Compensation Program.

**Yellow:** For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of prior infection)  
**Purple:** Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle, or other indications)  
**White:** No recommendation

These schedules indicate the recommended age groups and medical indications for which administration of currently licensed vaccines is commonly indicated for adults ages 19 years and older, as of January 1, 2009. Licensed combination vaccines may be used whenever any components of the combination are indicated and when the vaccine's other components are not contraindicated. For detailed recommendations on all vaccines, including those used primarily for travelers or that are issued during the year, consult the manufacturers' package inserts and the complete statements from the Advisory Committee on Immunization Practices ([www.cdc.gov/vaccines/pubs/acip-list.htm](http://www.cdc.gov/vaccines/pubs/acip-list.htm)).

The recommendations in this schedule were approved by the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP), the American Academy of Family Physicians (AAFP), the American College of Obstetricians and Gynecologists (ACOG), and the American College of Physicians (ACP).



# Footnotes

## Recommended Adult Immunization Schedule—UNITED STATES - 2009

For complete statements by the Advisory Committee on Immunization Practices (ACIP), visit [www.cdc.gov/vaccines/pubs/ACIP-list.htm](http://www.cdc.gov/vaccines/pubs/ACIP-list.htm).

### 1. Tetanus, diphtheria, and acellular pertussis (Td/Tdap) vaccination

Tdap should replace a single dose of Td for adults aged 19 through 64 years who have not received a dose of Tdap previously.

Adults with uncertain or incomplete history of primary vaccination series with tetanus and diphtheria toxoid-containing vaccines should begin or complete a primary vaccination series. A primary series for adults is 3 doses of tetanus and diphtheria toxoid-containing vaccines; administer the first 2 doses at least 4 weeks apart and the third dose 6–12 months after the second. However, Tdap can substitute for any one of the doses of Td in the 3-dose primary series. The booster dose of tetanus and diphtheria toxoid-containing vaccine should be administered to adults who have completed a primary series and if the last vaccination was received 10 or more years previously. Tdap or Td vaccine may be used, as indicated.

If a woman is pregnant and received the last Td vaccination 10 or more years previously, administer Td during the second or third trimester. If the woman received the last Td vaccination less than 10 years previously, administer Tdap during the immediate postpartum period. A dose of Tdap is recommended for postpartum women, close contacts of infants aged less than 12 months, and all health-care personnel with direct patient contact if they have not previously received Tdap. An interval as short as 2 years from the last Td is suggested; shorter intervals can be used. Td may be deferred during pregnancy and Tdap substituted in the immediate postpartum period, or Tdap may be administered instead of Td to a pregnant woman after an informed discussion with the woman.

Consult the ACIP statement for recommendations for administering Td as prophylaxis in wound management.

### 2. Human papillomavirus (HPV) vaccination

HPV vaccination is recommended for all females aged 11 through 26 years (and may begin at 9 years) who have not completed the vaccine series. History of genital warts, abnormal Papanicolaou test, or positive HPV DNA test is not evidence of prior infection with all vaccine HPV types; HPV vaccination is recommended for persons with such histories.

Ideally, vaccine should be administered before potential exposure to HPV through sexual activity; however, females who are sexually active should still be vaccinated consistent with age-based recommendations. Sexually active females who have not been infected with any of the four HPV vaccine types receive the full benefit of the vaccination. Vaccination is less beneficial for females who have already been infected with one or more of the HPV vaccine types.

A complete series consists of 3 doses. The second dose should be administered 2 months after the first dose; the third dose should be administered 6 months after the first dose.

HPV vaccination is not specifically recommended for females with the medical indications described in Figure 2, "Vaccines that might be indicated for adults based on medical and other indications." Because HPV vaccine is not a live-virus vaccine, it may be administered to persons with the medical indications described in Figure 2. However, the immune response and vaccine efficacy might be less for persons with the medical indications described in Figure 2 than in persons who do not have the medical indications described or who are immunocompetent. Health-care personnel are not at increased risk because of occupational exposure, and should be vaccinated consistent with age-based recommendations.

### 3. Varicella vaccination

All adults without evidence of immunity to varicella should receive 2 doses of single-antigen varicella vaccine if not previously vaccinated or the second dose if they have received only one dose unless they have a medical contraindication. Special consideration should be given to those who 1) have close contact with persons at high risk for severe disease (e.g., health-care personnel and family contacts of persons with immunocompromising conditions) or 2) are at high risk for exposure or transmission (e.g., teachers; child care employees; residents and staff members of institutional settings, including correctional institutions; college students; military personnel; adolescents and adults living in households with children; nonpregnant women of childbearing age; and international travelers).

Evidence of immunity to varicella in adults includes any of the following: 1) documentation of 2 doses of varicella vaccine at least 4 weeks apart; 2) U.S.-born before 1980 (although for health-care personnel and pregnant women, birth before 1980 should not be considered evidence of immunity); 3) history of varicella based on diagnosis or verification of varicella by a health-care provider (for a patient reporting a history of or presenting with an atypical case, a mild case, or both, health-care providers should seek either an epidemiologic link with a typical varicella case or to a laboratory-confirmed case or evidence of laboratory confirmation, if it was performed at the time of acute disease); 4) history of herpes zoster based on health-care provider diagnosis or verification of herpes zoster by a health-care provider; or 5) laboratory evidence of immunity or laboratory confirmation of disease.

Pregnant women should be assessed for evidence of varicella immunity. Women who do not have evidence of immunity should receive the first dose of varicella vaccine upon completion or termination of pregnancy and before discharge from the health-care facility. The second dose should be administered 4–8 weeks after the first dose.

### 4. Herpes zoster vaccination

A single dose of zoster vaccine is recommended for adults aged 60 years and older regardless of whether they report a prior episode of herpes zoster. Persons with chronic medical conditions may be vaccinated unless their condition constitutes a contraindication.

### 5. Measles, mumps, rubella (MMR) vaccination

*Measles component:* Adults born before 1957 generally are considered immune to measles. Adults born during or after 1957 should receive 1 or more doses of MMR unless they have a medical contraindication, documentation of 1 or more doses, history of measles based on health-care provider diagnosis, or laboratory evidence of immunity.

A second dose of MMR is recommended for adults who 1) have been recently exposed to measles or are in an outbreak setting; 2) have been vaccinated previously with killed measles vaccine; 3) have been vaccinated with an unknown type of measles vaccine during 1963–1967; 4) are students in postsecondary educational institutions; 5) work in a health-care facility; or 6) plan to travel internationally.

*Mumps component:* Adults born before 1957 generally are considered immune to mumps. Adults born during or after 1957 should receive 1 dose of MMR unless they have a medical contraindication, history of mumps based on health-care provider diagnosis, or laboratory evidence of immunity.

A second dose of MMR is recommended for adults who 1) live in a community experiencing a mumps outbreak and are in an affected age group; 2) are students in postsecondary educational institutions; 3) work in a health-care facility; or 4) plan to travel internationally. For unvaccinated health-care personnel born before 1957 who do not have other evidence of mumps immunity, administering 1 dose on a routine basis should be considered and administering a second dose during an outbreak should be strongly considered.

*Rubella component:* 1 dose of MMR vaccine is recommended for women whose rubella vaccination history is unreliable or who lack laboratory evidence of immunity. For women of childbearing age, regardless of birth year, rubella immunity should be determined and women should be counseled regarding congenital rubella syndrome. Women who do not have evidence of immunity should receive MMR upon completion or termination of pregnancy and before discharge from the health-care facility.

### 6. Influenza vaccination

*Medical indications:* Chronic disorders of the cardiovascular or pulmonary systems, including asthma; chronic metabolic diseases, including diabetes mellitus, renal or hepatic dysfunction, hemoglobinopathies, or immunocompromising conditions (including immunocompromising conditions caused by medications or human immunodeficiency virus [HIV]); any condition that compromises respiratory function or the handling of respiratory secretions or that can increase the risk of aspiration (e.g., cognitive dysfunction, spinal cord injury, or seizure disorder or other neuromuscular disorder); and pregnancy during the influenza season. No data exist on the risk for severe or complicated influenza

disease among persons with asplenia; however, influenza is a risk factor for secondary bacterial infections that can cause severe disease among persons with asplenia.

*Occupational indications:* All health-care personnel, including those employed by long-term care and assisted-living facilities, and caregivers of children less than 5 years old.

*Other indications:* Residents of nursing homes and other long-term care and assisted-living facilities; persons likely to transmit influenza to persons at high risk (e.g., in-home household contacts and caregivers of children aged less than 5 years old, persons 65 years old and older and persons of all ages with high-risk condition[s]); and anyone who would like to decrease their risk of getting influenza. Healthy, nonpregnant adults aged less than 50 years without high-risk medical conditions who are not contacts of severely immunocompromised persons in special care units can receive either intranasally administered live, attenuated influenza vaccine (FluMist<sup>®</sup>) or inactivated vaccine. Other persons should receive the inactivated vaccine.

### 7. Pneumococcal polysaccharide (PPSV) vaccination

*Medical indications:* Chronic lung disease (including asthma); chronic cardiovascular diseases; diabetes mellitus; chronic liver diseases, cirrhosis; chronic alcoholism, chronic renal failure or nephrotic syndrome; functional or anatomic asplenia (e.g., sickle cell disease or splenectomy [if elective splenectomy is planned, vaccinate at least 2 weeks before surgery]); immunocompromising conditions; and cochlear implants and cerebrospinal fluid leaks. Vaccinate as close to HIV diagnosis as possible.

*Other indications:* Residents of nursing homes or long-term care facilities and persons who smoke cigarettes. Routine use of PPSV is not recommended for Alaska Native or American Indian persons younger than 65 years unless they have underlying medical conditions that are PPSV indications. However public health authorities may consider recommending PPSV for Alaska Natives and American Indians aged 50 through 64 years who are living in areas in which the risk of invasive pneumococcal disease is increased.

### 8. Revaccination with PPSV

One-time revaccination after 5 years for persons with chronic renal failure or nephrotic syndrome; functional or anatomic asplenia (e.g., sickle cell disease or splenectomy); and for persons with immunocompromising conditions. For persons aged 65 years and older, one-time revaccination if they were vaccinated 5 or more years previously and were aged less than 65 years at the time of primary vaccination.

### 9. Hepatitis A vaccination

*Medical indications:* Persons with chronic liver disease and persons who receive clotting factor concentrates.

*Behavioral indications:* Men who have sex with men and persons who use illegal drugs.

*Occupational indications:* Persons working with hepatitis A virus (HAV)-infected primates or with HAV in a research laboratory setting.

*Other indications:* Persons traveling to or working in countries that have high or intermediate endemicity of hepatitis A (a list of countries is available at [wwwn.cdc.gov/travel/content/diseases.aspx](http://wwwn.cdc.gov/travel/content/diseases.aspx)) and any person seeking protection from HAV infection.

Single-antigen vaccine formulations should be administered in a 2-dose schedule at either 0 and 6–12 months (Havrix<sup>®</sup>), or 0 and 6–18 months (Vaqta<sup>®</sup>). If the combined hepatitis A and hepatitis B vaccine (Twinrix<sup>®</sup>) is used, administer 3 doses at 0, 1, and 6 months; alternatively, a 4-dose schedule, administered on days 0, 7 and 21 to 30 followed by a booster dose at month 12 may be used.

### 10. Hepatitis B vaccination

*Medical indications:* Persons with end-stage renal disease, including patients receiving hemodialysis; persons with HIV infection; and persons with chronic liver disease.

*Occupational indications:* Health-care personnel and public-safety workers who are exposed to blood or other potentially infectious body fluids.

*Behavioral indications:* Sexually active persons who are not in a long-term, mutually monogamous relationship (e.g., persons with more than 1 sex partner during the previous 6 months); persons seeking evaluation or treatment for a sexually transmitted disease; current or recent injection-drug users; and men who have sex with men.

*Other indications:* Household contacts and sex partners of persons with chronic hepatitis B virus (HBV) infection; clients and staff members of institutions for persons with developmental disabilities; international travelers to countries with high or intermediate prevalence of chronic HBV infection (a list of countries is available at [wwwn.cdc.gov/travel/content/diseases.aspx](http://wwwn.cdc.gov/travel/content/diseases.aspx)); and any adult seeking protection from HBV infection.

Hepatitis B vaccination is recommended for all adults in the following settings: STD treatment facilities; HIV testing and treatment facilities; facilities providing drug-abuse treatment and prevention services; health-care settings targeting services to injection-drug users or men who have sex with men; correctional facilities; end-stage renal disease programs and facilities for chronic hemodialysis patients; and institutions and nonresidential daycare facilities for persons with developmental disabilities.

If the combined hepatitis A and hepatitis B vaccine (Twinrix<sup>®</sup>) is used, administer 3 doses at 0, 1, and 6 months; alternatively, a 4-dose schedule, administered on days 0, 7 and 21 to 30 followed by a booster dose at month 12 may be used.

*Special formulation indications:* For adult patients receiving hemodialysis or with other immunocompromising conditions, 1 dose of 40 µg/mL (Recombivax HB<sup>®</sup>) administered on a 3-dose schedule or 2 doses of 20 µg/mL (Engerix-B<sup>®</sup>) administered simultaneously on a 4-dose schedule at 0, 1, 2 and 6 months.

### 11. Meningococcal vaccination

*Medical indications:* Adults with anatomic or functional asplenia, or terminal complement component deficiencies.

*Other indications:* First-year college students living in dormitories; microbiologists who are routinely exposed to isolates of *Neisseria meningitidis*; military recruits; and persons who travel to or live in countries in which meningococcal disease is hyperendemic or epidemic (e.g., the "meningitis belt" of sub-Saharan Africa during the dry season [December–June]), particularly if their contact with local populations will be prolonged. Vaccination is required by the government of Saudi Arabia for all travelers to Mecca during the annual Hajj.

Meningococcal conjugate (MCV) vaccine is preferred for adults with any of the preceding indications who are aged 55 years or younger, although meningococcal polysaccharide vaccine (MPSV) is an acceptable alternative. Revaccination with MCV after 5 years might be indicated for adults previously vaccinated with MPSV who remain at increased risk for infection (e.g., persons residing in areas in which disease is epidemic).

### 12. Selected conditions for which *Haemophilus influenzae* type b (Hib) vaccine may be used

Hib vaccine generally is not recommended for persons aged 5 years and older. No efficacy data are available on which to base a recommendation concerning use of Hib vaccine for older children and adults. However, studies suggest good immunogenicity in persons who have sickle cell disease, leukemia, or HIV infection or who have had a splenectomy; administering 1 dose of vaccine to these persons is not contraindicated.

### 13. Immunocompromising conditions

Inactivated vaccines generally are acceptable (e.g., pneumococcal, meningococcal, and influenza [trivalent inactivated influenza vaccine]), and live vaccines generally are avoided in persons with immune deficiencies or immunocompromising conditions. Information on specific conditions is available at [www.cdc.gov/vaccines/pubs/acip-list.htm](http://www.cdc.gov/vaccines/pubs/acip-list.htm).

**HEALTH MAINTENANCE CHECK-LIST FOR HEALTHY WOMEN 19 YEARS AND OLDER**

NAME: \_\_\_\_\_

DOB: \_\_\_\_\_

**SCREENING**

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Assess BMI	Height and Weight						
Blood pressure							
Breast cancer screening (mammogram)	Q 1-2 yrs $\geq$ age 40						
Cervical cancer screening (pap smear)	Q 3 yrs, sexually active, or starting at age 21						
Chlamydia screening							
Colorectal cancer screening (colonoscopy, FOBT, sigmoidoscopy, FOBT & sigmoidoscopy or barium enema)	$\geq$ age 50, frequency varies with test selected						
Depression screening							
Hearing impairment	$\geq$ age 65						
HIV screening	For patients <65						
Lipids screening (fasting –lipid profile)	$\geq$ age 20 at risk, $\geq$ 45 q 5 yrs						
Osteoporosis screening	$\geq$ age 65; $\geq$ age 60 for those at increased risk						
Visual impairment	$\geq$ age 65						

**SCREENING – AT RISK**

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Diabetes	HTN, dyslipidemia						
STD testing	Based on risk						
TB testing (PPD)	Based on risk						

**IMMUNIZATIONS**

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Influenza	Q 1 yr $\geq$ age 50 or increased risk						
HPV	19-26 yrs of age, 3 doses						
Pneumococcal vaccine	Once, $\geq$ age 65 or increased risk						
MMR – if no evidence of immunity	1 dose						
Varicella – if no evidence of immunity	2 doses 4-8 wks apart						
Zoster	> age 60, 1 dose						

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Aspirin – Discuss to prevent CHD	> 55 yrs or < 55 with risk factors						

**COUNSELING**

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Advance directives – counsel							
Alcohol misuse – screen, counsel							
Calcium – assess, encourage							
Dental health – counsel							
Diet – counsel or refer	Hyperlipidemia, chronic conditions						
Family Violence / Intimate Partner Violence – assess and counsel as needed							
Folate – encourage							
Injury prevention – counsel							
Obesity – counsel or refer							
Sexual health - counsel							
Tobacco use – screen, counsel							

## HEALTH MAINTENANCE CHECK-LIST FOR HEALTHY MEN 19 YEARS AND OLDER

**NAME:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

### SCREENING

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Assess BMI	Height and Weight						
Blood pressure							
Colorectal cancer screening (colonoscopy, FOBT, sigmoidoscopy, FOBT & sigmoidoscopy or barium enema)	≥ age 50, frequency varies with test selected						
Depression screening							
Hearing impairment	≥ age 65						
HIV screening	For patients <65						
Lipids screening (fasting –lipid profile)	≥ age 20 at risk, ≥ 35 q 5 yrs						
Visual impairment	≥ age 65						

### SCREENING – AT RISK

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
AAA screening (ultrasound)	65-75 yrs, once if smoking history						
Diabetes	HTN, dyslipidemia						
STD testing	Based on risk						
TB testing (PPD)	Based on risk						

### IMMUNIZATIONS

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Tetanus-diphtheria (TD) / Tdap	Q 10 yr - TD or 1 time dose - Tdap						
Varicella – if no evidence of immunity	2 doses 4-8 wks apart						
MMR – if no evidence of immunity	1 dose						
Influenza	Q 1 yr ≥ age 50 or increased risk						
Zoster	< age 60, one dose						
Pneumococcal vaccine	Once, ≥ age 65 or increased risk						

### PROPHYLAXIS

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Aspirin – Discuss to prevent CHD;	> 45 yrs or < 45 with risk factors						

### COUNSELING

PROCEDURE		DATE	DATE	DATE	DATE	DATE	DATE
Advance directives – counsel							
Alcohol misuse – screen, counsel							
Dental health – counsel							
Diet – counsel or refer	Hyperlipidemia, chronic conditions						
Family Violence / Intimate Partner Violence – assess and counsel as needed							
Injury prevention – counsel							
Obesity – counsel or refer							
Sexual health - counsel							
Tobacco use – screen, counsel							