



Adult Preventive Health Guidelines

Frequency of Physical Examination

A baseline physical exam visit should occur for all new non-pregnant adult members regardless of age within the first 90 days of enrollment. Pregnant members should be seen within the first 30 days. The Cleveland Clinic's recommendations for periodic health exams visits for asymptomatic adults are:

- **Ages: 19 to 39 years:** Exam frequency: every 1 to 3 years (annual Pap smears are indicated for females unless 3 consecutive normal smears, allowing pap smears every 3 years)
- **Ages 40 to 64 years:** Exam Frequency: every 1 to 2 years based on risk factors
- **Ages 65 and Over:** Exam frequency: every year

Age:	Screening:	Frequency:
• 18 and older	Blood Pressure, Height, Body Mass Index (BMI), Alcohol Use	Annually, 18-21 years. After 21, every 1-2 years or per PCP recommendations
• Male 35 – 65 years	Cholesterol (non-fasting TC/HDL)	Every 5 years (More frequent if elevated)
• Female 45 - 65 years	Cholesterol (non-fasting TC/HDL)	Every 5 years (More frequent if elevated)
• High-risk males and females \geq 20 years	Cholesterol (non-fasting TC/HDL)	Every 5 years (More frequent if elevated)
• Female 18-25 years who are sexually active (consider at age 12 if sexually active)	Chlamydia	Yearly and at the PCP's recommendations
• Female 18-65 (or begin 3 years after onset of sexual activity whichever comes first)	Pap Smear	Every 1-3 years
• Female 40 years and older	Mammography	Every 1-2 years
• 50 years and older	Colorectal	Periodically depending upon test
• Female \geq 65 years old, or \geq 60 years at risk for fractures	Osteoporosis	Routinely
• 65 years and older	Vision, hearing	Periodically

Immunization

• Tetanus-Diphtheria and acellular pertussis (Td/Tdap)	Td - Every 10 years, 18 years and older/Tdap - Substitute 1 dose of Tdap for Td (one time administration)
• Varicella (VZV)	Susceptible adults only – 18 years and older – 2 doses
• Measles, Mumps, Rubella (MMR)	Women of childbearing age, if not already immune
• Pneumococcal	One dose 65 years and older
• Influenza	Yearly, 50 years and older
• Hepatitis B Vaccine	Adults at risk – 18 years and older – 3 doses
• Meningococcal Conjugate vaccine	College freshmen living in dormitories and other at risk, 18 years and older - 1 dose

Prevention:

- Discuss aspirin to prevent cardiovascular events
 - ❖ Men – 40 years and older periodically
 - ❖ Women – 50 years and older periodically
- Discuss breast cancer with women at high risk
- Discuss prostate-specific antigen (PSA) test and rectal exam for men after 40 years old per PCP discretion

Counseling:

- Calcium intake: 1,000mg/day (women age 18-50 years old), 1200-1500 mg/day (women 50 years and older)
- Folic Acid: 0.4 mg/day (women of childbearing age) ; women who have had children with Neural Tube Defects (NTD) should take 4 mg/day.

- Breastfeeding: Women after childbirth
- Tobacco cessation, drug and alcohol use, STD's and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention and polypharmacy

References: *Guide to Clinical Preventive Services, 2005: Recommendations of the U.S. Preventive Services Task Force*, June 2005.
Recommended Adult Immunization Schedule – United States, October 2006-September 2007. MMWR October 13, 2006, Vol. 55, No. 40
Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) May 2001
Bone Health and Osteoporosis: A Report of the Surgeon General (2004)
Cleveland Clinic www.cchs.net/health/health-info Periodic Health Exams and Cancer Screening

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