

Adult Preventive Health Chart (Asymptomatic Low Risk Adults)

EXAM/ SCREENING					
	REASON	AGES 18 - 35	AGES 36 - 53	AGES 54 - 64	AGES 65+
Blood Pressure Measurement	Detection of high blood pressure	Quarterly if scheduled for a visit	Quarterly if scheduled for a visit	Quarterly if scheduled for a visit	Quarterly if scheduled for a visit
Cholesterol Screening	Associated with heart disease	Lipids checked every 5 years	Lipids checked every 5 years	Lipids checked every 5 years	Lipids checked every 5 years
Pap Smear	To check women for cancer of the cervix	Annually	Annually	Annually	Not necessary, but may be performed
Hemoccult	Screening for colon cancer		Annually at 50+		
Mammography	Screening for breast cancer		Baseline between 35-40. Annually 40+	Annually	Annually
PSA	Screening for male prostate cancer		50+ performed at the discretion of physician		
IMMUNIZATIONS					
Tetanus - Diphtheria Booster	Every 10 years unless dirty wound/cut, then booster every 5 years				
Tuberculosis Screening	Offered to high risk occupations and high risk population groups				
Polio Vaccine	Recommended only for hospital personnel who may be exposed				
Measles, Mumps, Rubella	Should be given to all members born after 1965 who haven't received 2 doses prior				
Rubella Screening	Performed at first clinical encounter if lacking evidence of immunity				
Hepatitis B	Offered to high risk occupations and high risk population groups				
Influenza Vaccine	Recommended annually for high risk occupations and high risk population groups				
Pneumococcal Vaccine	Adults with chronic illness, booster every 6 years				Recommended one-time vaccine