

A baseline visit is recommended and encouraged for all new plan members. Further visits should be scheduled according to relevant guidelines outlined below or as needed. Delivery of clinical preventive services should not be limited only to visits for health maintenance, but also should be provided as part of visits for other reasons, such as acute and chronic care.

Adult preventive health guidelines	Ages 21 – 29	Ages 30 – 39	Ages 40 – 49	Ages 50 – 59
Physical examination	Every year Consider age, sex, and risk factors.	Every year Consider age, sex, and risk factors.	Every year Consider age, sex, and risk factors.	Every year Consider age, sex, and risk factors.
Blood pressure	At least every 1 – 2 years	At least every 1 – 2 years	At least every 1 – 2 years	At least every 1 – 2 years
Body mass index	Every year or as suggested by your doctor.	Every year or as suggested by your doctor.	Every year or as suggested by your doctor.	Every year or as suggested by your doctor.
Cholesterol	Every 4 – 5 years Patients with positive risk factors should be monitored more frequently.	Every 4 – 5 years Patients with positive risk factors should be monitored more frequently.	Every 4 – 5 years Patients with positive risk factors should be monitored more frequently.	Every 4 – 5 years Patients with positive risk factors should be monitored more frequently.
Pap smear	Every 3 years For cervical cytology screening or as suggested by your doctor.	Every 3 – 5 years For cervical cytology screening or 5 years with co-testing or as suggested by your doctor.	Every 3 – 5 years For cervical cytology screening or 5 years with co-testing or as suggested by your doctor.	Every 3 – 5 years For cervical cytology screening or 5 years with co-testing or as suggested by your doctor.
Pelvic exam	Every year Beginning at age 21 or earlier for all sexually active young women.	Every year	Every year	Every year as directed by your doctor
Chlamydial infection screening	All sexually active non-pregnant young women age 24 and younger .	All older non-pregnant women who are at increased risk.		
Mammogram		Baseline at ages 35 – 40 or as suggested by your doctor. Every year for high-risk women beginning at the age of 35.	Every 1 – 2 years or as suggested by your doctor.	Every 1 – 2 years or as suggested by your doctor.
Clinical breast exam	Every year	Every year	Every year	Every year
Self breast exam	Monthly	Monthly	Monthly	Monthly
Physician testicular exam	As suggested by your doctor	As suggested by your doctor	As suggested by your doctor	As suggested by your doctor
Prostate-specific antigen (PSA)			As suggested by your doctor	As suggested by your doctor
Self testicular exam	Monthly	Monthly	Monthly	Monthly
Skin exam	Every 3 years	Every 3 years	Every year	Every year
Tuberculin skin test	All high-risk individuals	All high-risk individuals	All high-risk individuals	All high-risk individuals
Routine lab (HbA1C, UA, CBC, blood chemistry, STD screening)	Yearly as appropriate	Yearly as appropriate	Yearly as appropriate	Yearly as appropriate
Fecal occult blood			Yearly for patients with a family history of colorectal cancer.	Yearly
Colonoscopy			Every 5 – 10 years depending on family history and findings. For African Americans and those with a family history initial screening at age 45.	Initial screening at age 50 , every 5 – 10 years depending on family history and findings.

Preventive counseling	
Tobacco cessation	Hazards of tobacco use. Seek counseling to stop smoking and/or chewing tobacco.
Alcohol or drug treatment	Hazards of alcohol and/or drug use. Avoid excessive alcohol use, and do not drive while under the influence of alcohol.
Diet and exercise	Limit fat and cholesterol, maintain caloric balance and emphasize grains, fruits, vegetables, and adequate calcium intake for women.
Injury prevention	Lap and shoulder belts, smoke detectors, safe storage and removal of firearms, and back injury prevention.
Skin cancer	Avoid excess sun exposure and use a sunscreen when in the sun.
Dental health	Regular visits to the dentist, floss, and brush.
Folic acid	All women who are planning or are capable of pregnancy should take a daily multivitamin containing the recommended amount of folic acid.
Self-examination	Breast, skin, and testes.
Depression	Assessment and screening.
Adult Immunizations	Refer to the CDC website for the recommended adult immunization schedule: http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule.pdf

Sources:

- ICSI Institute for Clinical Systems Improvement
- American Academy of Family Physicians
- American College of Physicians
- American College of Obstetricians and Gynecologists
- Report of U.S. Preventive Services Task Force
- American Academy of Family Practice
- US Department of Health and Human Services
- Centers for Disease Control and Prevention
- American Cancer Society and National Cancer Institute
- EPSI: Women's Preventive Task Service Initiative 2016