

Adult Health Screenings and Immunization Schedule

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H9385



ADULT HEALTH SCREENINGS AND IMMUNIZATION SCHEDULE

One of the best ways to protect your health is through preventive health care. What this means is that you and your doctor watch for changes in your body to find problems early when they may be easier to treat.

Preventive care includes:

- Wellness exams—checkups that are done when you are healthy
- Screening tests—tests that look for signs of disease before you have any symptoms
Pap, mammogram and PSA tests are examples of screening tests
- Immunizations—shots for specific conditions, like flu or pneumonia

The right schedule of wellness exams and screening tests is one you and your doctor agree on. It will be based on your age, how healthy you are and your risk factors, like family history. Children and adults who have a chronic or long term condition may need checkups and tests more often.

TESTS	WHO NEEDS	HOW OFTEN	COMMENTS
GENERAL HEALTH			
Height	All adults	Every year	Ask your doctor if you are at risk for certain conditions
Weight	All adults	Every year	
Physical Exam	All adults	Every year	
Advance Directives	All adults	Every year	

HEART HEALTH			
Blood pressure	All adults	Every year	If it is high, as often as your doctor says
Cholesterol	All adults	At least every 2 years	If it is high, as often as your doctor says
Diet review	All adults with high cholesterol and those at risk for diabetes and heart disease	As often as your doctor says	
Diabetes screening—H _g A _{1c}	All adults	Every 3 years beginning at 45	More often and beginning at a younger age if your doctor says so

CANCER SCREENINGS

BREAST

Clinical breast exam	All adult women starting at 40	Clinical breast exam every year	Start sooner if at risk
Mammogram		After age 50 and up—every year; any age if medically necessary	

CERVICAL

PAP test	All women starting at age 18 or when become sexually active, whichever is first	Every 1–3 years	May need more often depending on risk May be able to stop after 65 if all PAPs have been normal
Pelvic exam	All adult women	Ask your doctor	Ask your doctor

PROSTATE

Digital rectal exam (DRE)	All men over 50	Every year	
PSA blood test	Some men	Ask your doctor	

COLORECTAL

Fecal occult blood	Adults starting at 50	Every year	
Colonoscopy		Depends on which tests you need Ask your doctor	Not routine unless you are at high risk Ask your doctor
Barium enema		Depends on which tests you need Ask your doctor	Not routine unless you are at high risk Ask your doctor

SKIN

Skin	Adults starting at 40	Every year	More often if you are at risk Ask your doctor
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SEXUALLY TRANSMITTED DISEASES

Chlamydia	All sexually active females 25 and younger All women over 25 who are at risk or sexually active	Every year	If positive, both partners should be treated
Gonorrhea	All sexually active females 25 and younger All women over 25 who are at risk or sexually active	Every year based on risk—talk to your doctor	If positive, both partners should be treated
HIV/AIDS	Both partners should be tested	Before initiating sexual intercourse based on risk—talk to your doctor	
Syphilis	Both partners should be tested	Before initiating sexual intercourse based on risk—talk to your doctor	

BONE HEALTH

Bone mass density	Adults starting at 65	Ask your doctor	Start earlier if you are at a higher risk Ask your doctor
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SENSORY SCREENINGS

Hearing and vision assessment	All adults	Every 1–2 years	
Glaucoma	All adults	Every 2–4 years starting at 40 Every 1–2 years age 65 and up	
Retinal eye exam	Adults with diabetes	Every year	

BEHAVIORAL HEALTH

Depression	All adults	Discuss with your doctor	
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THYROID SCREENING

Thyroid screening	People over 60, especially women, should discuss with doctor	Ask your doctor	If no symptoms, there may be no reason to be tested
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HEALTH RISKS

Tobacco use	All adults	Every year	Talk to your doctor
Obesity	All adults	Every year	Talk to your doctor
Alcohol use	All adults	Every year	Talk to your doctor

RECOMMENDED IMMUNIZATIONS

Diphtheria-tetanus TD/Tdap	All adults	Every 10 years	People over 50 are least likely to have had Ask your doctor
Influenza (Flu)	All adults 50 and older; others at high risk	Every year in the fall	
Pneumococcus	All adults 65 and older; others at high risk	Once	Ask your doctor if you are at high risk and need a booster
Rubella	Women who may get pregnant	Once Ask your doctor	
Measles	If not already immunized	Ask your doctor	

RECOMMENDED IMMUNIZATIONS *(continued)*

Hep B	If not already immunized and at high risk	Ask your doctor	
Human papillomavirus vaccine (HPV)	Women age 12–26	Once	3 dose schedule—must get all 3 doses for vaccine to be effective
Herpes zoster vaccine to prevent shingles	All adults starting at 60	One time dose	Ask your doctor about getting it

References Consulted

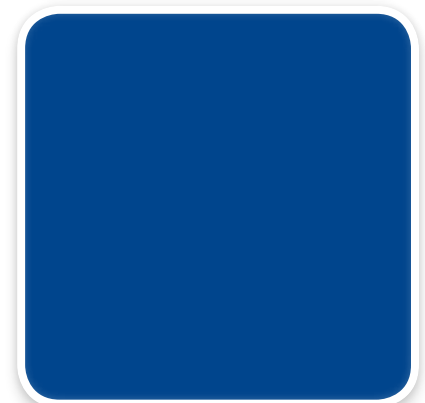
- “GUIDELINE; Screening and Prevention Guideline for the Elderly”
- “Wellness Guide to Preventive Services for Healthy Adults”—Group U.S., Inc.
- “Preventive Screening Guidelines for Healthy Adults”—Developed by Massachusetts Quality Health Partners
- “Adult Preventive Care Timeline”—Agency for Healthcare Research and Quality
- “General Screenings and Immunizations for Women”—US Dept. of Health and Human Services, Office on Women’s Health
- AHCCCS Medical Policy Manual; Healthwise for Life



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