

## 2012 Preventive Guidelines

One of the most important steps you can take for your health is to schedule regular checkups. Use this schedule as a reference tool during discussions with your doctor to determine the best options for your health condition. It is your responsibility to understand your company's benefit plan and coverage for preventive care. This schedule of preventive services is based on recommendations of numerous national organizations. This schedule is a partial list. For a complete list of preventive guidelines and their sources, visit the National Guideline Clearinghouse website at [www.guideline.gov](http://www.guideline.gov).

### Adult (age 19+) Preventive Schedule

<b>General</b>	
Physical Exams/Health Guidance	Annually
Blood Pressure Screening	Minimum once every 2 years if blood pressure is less than 120/80. Annually, if diastolic is 80-90 or systolic is 120-139 mmHg.
Pelvic Exam	Annually
Breast Exam by Practitioner	Every 3 years for women 20–39. Annually for women 40 and older.
Folic Acid	Women planning/capable of pregnancy take a daily supplement containing .4–.8 mg of folic acid for prevention of neural tube effects.
Aspirin Therapy	Men 45–79 and women 55–79 talk to your doctor about daily aspirin therapy for the prevention of first heart attacks in men and strokes in women.
<b>Diagnostic Screenings</b>	
Lipid Disorders (Cholesterol)	Every 5 years for men starting at age 35 regardless of risk and females at age 45 with risk factors. If you smoke or have diabetes, or heart disease runs in your family, start check at age 20.
Fasting Blood Glucose	Consult your doctor.
Mammogram	Every 1–2 years starting at age 40.
Pap Test	Every 1–3 years if sexually active or older than 21. Beginning at age 30, and after 3 normal test results, screen every 2–3 years.
Chlamydia and Other Sexually Transmitted Disease (STD) Screenings	If sexually active consult with doctor.
Bone Mineral Density Screening	Routinely for women starting at age 65 and for those age 60 and younger who are at increased risk for osteoporotic fractures. Men with risk factors consult with doctor.
Prostate Cancer Screening	Consult your doctor.
Colorectal Cancer Screening	Regularly starting at age 50.
Abdominal Aortic Aneurysm Screening	Consult your doctor.
<b>Immunizations*</b>	
Diphtheria, Tetanus, Pertussis (DTaP)	Age 19+: Booster every 10 years
Measles, Mumps, Rubella (MMR)	Ages 19–49: 1 or 2 doses if no previous vaccination or prior infection. By doctor recommendation ages 50+: 1 dose
Varicella	Ages 19+: 2 doses if no previous vaccination or prior infection. Given 4 weeks apart
Influenza**	Ages 19: 1 dose annually
Pneumococcal (polysaccharide)**	Ages 65+: 1 dose. By doctor recommendation for ages 19-64: 1–2 doses
Hepatitis A**	Ages 19+: 2 doses
Hepatitis B**	Ages 19+: 3 doses
Meningococcal**	Ages 19+: 1 or more doses
Human Papillomavirus (HPV)	Females, ages 19–26: 3 doses (may be administered to females as young as 9 years)
Shingles (Zoster)	Ages 60+: 1 dose

\* Some immunizations are contraindicated for certain conditions, including pregnancy and HIV infection. Visit the Centers for Disease Control and Prevention (CDC) website at [www.cdc.gov](http://www.cdc.gov) for a complete list, and discuss with your physician.

\*\* For select populations. Find details on recommendations on the CDC website at [www.cdc.gov](http://www.cdc.gov).