Adult Wellness Guidelines

Adult Health — For Ages 18 And Over

Preventive care is very important for adults. By making healthier choices, you can improve your overall health and well-being. Some of these positive choices include:

- Eating a healthy diet.
- Participating in regular physical activity.
- Not using tobacco products.
- Limiting alcohol use.
- Striving for a healthy weight.
- Taking medications as prescribed by your doctor.

ADULT RECOMMENDATIONS FOR SCREENINGS	
Physical Exam	Every year or as directed by your doctor
Body Mass Index (BMI)	Every year
Blood Pressure (BP)	At least every two years
Colon Cancer Screening	Screening colonoscopy beginning at age 45 in consultation with your doctor. You have three options for colon cancer screening: a colonoscopy every 10 years, a flexible sigmoidoscopy every five years or a blood test annually. In the event of a positive colon cancer screening, follow-up colonoscopies are covered at no out of pocket cost.
Diabetes Screening	Beginning at age 45 (If you have high blood pressure or high cholesterol, are overweight or have a close family history of diabetes, you should consider an earlier screening.)
Lung Cancer Screening	For high-risk individuals (Talk with your doctor.)

ADULT RECOMMENDATIONS FOR IMMUNIZATIONS					
	19 – 21 years	22 – 26 years	27 – 49 years	50 – 64 years	65 and older
Influenza (Flu)*	Once each year				
Tetanus, Diphtheria and Pertussis (Tdap)*	One dose with a booster every 10 years				
Herpes Zoster (Shingles) — RZV*				Two doses RZV for those 60 and older	
or Herpes Zoster (Shingles) — ZVL*				OR one dose ZVL for those 50 and older	
Varicella (Chicken Pox)*	Two doses				
Pneumococcal (Pneumonia)*					Two doses
Measles, Mumps and Rubella (MMR)*	One or two doses if no evidence of immunity				
Human Papillomavirus (HPV) — Female*	One or two doses if no evidence of immunity				
Human Papillomavirus (HPV) — Male*	Two or three doses depending on age at series initiation				
Hepatitis A**	Two or three doses for at-risk adults***				
Hepatitis B**	Three doses for at-risk adults***				
Meningitis**	One to three doses depending on indication***				
Haemophilus Influenzae Type b (Hib)*	One or three doses depending on health risks***				

*Recommendations for most adults. **Recommended for adults with certain health risks.

***Discuss with your doctor to determine if and when you should get this vaccine.

Women's Health

Women have unique health care needs. To stay well, they should make regular screenings a priority. Women should discuss the recommendations listed on the chart below with their doctors.

WOMEN'S RECOMMENDATIONS	
Mammogram	Every year for women, begnning at age 40*
Cholesterol	Ages 30 – 35 if at high risk, all women ages 45 and over
Pap Test	Pap test every three years for women ages 21 – 65, or Pap test and HPV test every five years for women ages 30 – 65 (Women who have had a hysterectomy or are over age 65 may not need a Pap test.)*
Osteoporosis Screening	Beginning at age 65 or at age 60 if risk factors are present*
Aspirin Use	At ages 50 – 79 (Talk with your doctor about the benefits and risks of aspirin use.)
Pelvic Exam	Every year for ages 21 and over*

Men's Health

Men are encouraged to get yearly wellness exams, even if they don't have symptoms. Engage in a healthy lifestyle and complete recommended preventive care services. Men should discuss health recommendations in the table below with

MEN'S RECOMMENDATIONS	
Cholesterol	Ages 20 – 35 if at high risk, all men ages 35 and over
Abdominal Aortic Aneurysm	Once between ages 65 and 75 if you have ever smoked
Aspirin Use	Ages 50 – 79 (Talk with your doctor about the benefits and risks of aspirin use.)

*Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.

Sources: American Cancer Society, U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force. These are independent organizations that offer health information that members may find helpful.

Focus on life. Focus on health. *Stay focused.*

BlueChoice® HealthPlan
South Carolina