

Adult Preventive Health Guidelines

The following preventive guidelines are designed for normal, healthy adults at low risk for disease. Please note these are minimum standards and your primary care physician may recommend more frequent screenings and testing based on your medical history.

Most insurance plans cover prevention. Call the number on the back of your insurance card to confirm coverage, and to see if you need a physician referral or pre-certification.

To schedule a screening or check-up, call (920) 496-4700 or (888) 277-3832.



(920) 496-4700 or (888) 2 PREVEA
www.prevea.com

Men and Women	Age 19-39	Age 40-64	Age 65+
Health risk assessment	Every five years	Every five years	Annually
Height and weight check	Every three years	Every three years	Annually
Vision screening	—	—	Annually beginning at age 74.
Hearing screening	—	—	Annually beginning at age 74.
<i>Heart and vascular disease</i>			
Blood pressure screening	Every two years	Every two years	Annually
<i>Colon cancer</i>			
Colonoscopy	—	Beginning at age 50, colonoscopy every 10 years.	Every 10 years through age 79. After age 80, discuss the need for continued screenings with your physician.
<i>Vaccinations</i>			
Tetanus vaccine	Every 10 years	Every 10 years	Every 10 years
Measles, mumps and rubella (MMR) vaccine	Two doses in a lifetime.	Two doses in a lifetime if born after 1956.	—
Influenza (flu) vaccine	Annually if at high risk.*	Between the ages of 40-49, annually if at high risk.* Annually beginning at age 50.	Annually
* You are at high risk if you are diabetic, reside in a long-term care facility, have a compromised immune system due to illness or disease, are in close contact with high-risk patients, are pregnant and expect to be in second or third trimester during flu season, work in a high-risk setting such as daycare or school, have a chronic heart or lung disease like asthma, have kidney disease, or are on long-term aspirin therapy.			
Pneumococcal (pneumonia) vaccine	Once in a lifetime if high risk.*	Once in a lifetime if high risk.*	One immunization if you have not previously been vaccinated.
* You are at high risk if you have a long-term health problem such as heart disease, lung disease, sickle cell disease, diabetes, alcoholism, or cirrhosis; or if you have a disease or condition that lowers the body's resistance to infection such as Hodgkin's disease, lymphoma, leukemia, kidney failure, multiple myeloma, nephritic syndrome, HIV infection or AIDS, damaged spleen or no spleen, or are an organ transplant recipient.			

OVER for guidelines specific to men and women ➔

NOTE: The above adult preventive guidelines are based on recommendations from the American Cancer Society and the Institute for Clinical Systems Improvement (ICSI).

Adult Preventive Health Guidelines, cont.

Men	Age 19-39	Age 40-64	Age 65+
Preventive exam	Every five years	Every five years	Annually
<i>Heart and vascular disease</i>			
Cholesterol screening	Beginning at age 35, cholesterol screening every five years (including total cholesterol and HDL)	Every five years	Every five years through age 74. After age 75, discuss the need for continued screenings with your physician.
<i>Prostate cancer</i>			
Prostate specific antigen (PSA) test and digital rectal exam	—	If you are at high risk* discuss this test with your doctor at age 45. All other men should talk with their physician about an annual prostate screening beginning at age 50.	Talk with your doctor about an annual prostate screening.
<i>*If a member of your immediate family (e.g. father or brother) has been diagnosed with cancer or you are African-American, you are at high risk.</i>			
Women	Age 19-39	Age 40-64	Age 65+
Preventive exam	Every three years	Every three years	Annually
Sexually transmitted disease (STD) testing	Annual test for women age 19-24 who are sexually active, and for women age 25+ who are at high risk.*	Annually for women who are at high risk.*	Annually for women who are at high risk.*
<i>*You are at high risk if you have had many sex partners, have had sex with someone who has had many partners or have had sex without using condoms.</i>			
<i>Heart and vascular disease</i>			
Cholesterol screening	—	Every five years beginning age 44.	Every five years through age 74. At age 75, cholesterol screening is not necessary.
<i>Breast cancer</i>			
Clinical breast exam	Every three years	Annually	Annually
Mammogram	—	Annually	Annually through age 74. After age 75, discuss the need for continued screenings with your physician.
<i>Cervical and uterine cancer</i>			
Pap smear	Beginning at age 19 (or when a woman becomes sexually active or begins using birth control), annual Pap smear until three consecutive normal tests are obtained. Every three years* thereafter.	Annual Pap smear until three consecutive normal tests are obtained. Every three years* thereafter.	Every three years* through age 64. After age 65, discuss the need for continued screenings with your physician.
<i>*If you use birth control pills or other prescription medications, your physician may require an annual Pap and pelvic exam.</i>			

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