

PRO MED PREVENTIVE CARE GUIDELINES

AGE GROUP: ADULT; AGE 21- 64 YRS

SCREENING	MALES	FEMALES
History & Physical (Include all V/S: Ht; Wgt)	Recommend q 2 years	Recommend q 2 years
Hearing and Vision(Perform subjective with Physical Exam)	Rec q 2 years; Retinal exam q yr if DM	Rec q 2 years; Retinal exam q yr if DM
Blood pressure	On routine visits	On routine visits
SCREENING TESTS		
Colorectal screen: Test (FOBT) (Average risk person, screen starts age 50)	Start age 50- q 1 yrs	Start age 50- q 1 yrs
Colorectal screen: Flex Sigmoidoscopy &/or	Every 5 yrs begin at age 50	Every 5 yrs begin at age 50
Colorectal screen: &/or Colonoscopy	Every 10 yrs begin at age 50	Every 10 yrs begin at age 50
Pap Test ; (start age 18 or earlier if sexually active; Also women with hysterectomy if cervix present)	N/A	Annual until 2 consecutive negative tests: then q 3 yrs
Clinical Breast Exam	N/A	Annual
Mammogram	N/A	Q 1-2 yrs age 40-50. Annual if 50 and >
Lab: Lipids (Begin earlier if Hx smoker, diabetes and/or heart disease)	Age 35 and over, every 5 years	Age 45 and over, every 5 yrs
Prostate Cancer Screen	Q yr males	
Chlamydia Screen (For sexually active females past or at high risk)	N/A	Regular < 25 yrs; Periodically > 25 yrs
TB Screen	High risk only	High risk only
IMMUNIZATIONS		
TD booster	1 q 10 yrs	1 q 10 yrs
Hepatitis B	High risk only	High risk only
Rubella Serology or Vaccine	N/A	Child bearing age without evidence of immunization or immunity
Measles (MMR) : Adults born before 1957 are considered immune to measles	1 dose if born after 1957	1 dose if born after 1957
Influenza	Annual, in fall, if has chronic condition	or is high risk
EDUCATION/ COUNSELING		
Advance Directive	DOCUMENT MEDICAL AT OFFICE	IN RECORD ROUTINE VISIT
Injury Prevention: Seta belts: Motorcycle. Bicycle/ ATV helmets; Smoke detectors; Safe storage firearms		
Sun Protection		
Sexual Behavior: STD/HUV/AUDS prevention. Contraception. Avoid high risk behavior; Condoms		
Substance Abuse: Tobacco cessation: Avoid alcohol/ Drugs while driving, swimming , boating		
Mental Health: Depression		
Diet & Exercise: Limit fat and cholesterol; Obesity : Regular physical activity; Adequate Calcium for females: Osteoporosis		
Domestic Violence		
Self Breast Exam (females); Testicular Exam (Males)		

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These guidelines for healthy individuals should not be considered medical advice in any form, type or manner. Medical advice and health recommendations are best discussed between member and physicians.