



## Adult Wellness Guidelines

### Making Preventive Care a Priority

#### Adult Health - for ages 18 and over

Preventive care is very important for adults. By making some good basic health choices, women and men can boost their own health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

\* Recommendations may vary. Discuss the start and frequency of screenings with your doctor, especially if you are at increased risk.

| Screenings                  |   |
|-----------------------------|---|
| Weight                      | Every visit or at least annually  |
| Body Mass Index (BMI)       | Every visit or at least annually  |
| Blood Pressure (BP)         | Every visit or at least annually  |
| Colon Cancer Screening      | Adults age 50-75 for colorectal cancer using: • Guaiac Fecal Occult Blood Test (gFOBT) annually or; • Fecal Immunochemical Testing (FIT) annually or; • Fecal Immunochemical Testing (FIT)-DNA every 1-3 years or; • Flexible sigmoidoscopy every 5 years or; • Flexible sigmoidoscopy every 10 years with FIT annually or; • Colonoscopy every 10 years or; • CT Colonography every 5 years* |
| Diabetes Screening          | Those with high blood pressure should be screened. Those who are overweight or have cardiovascular risk factors should be screened. All others should be screened starting at age 45.*  |
| Hepatitis C (HCV) Screening | Once for adults born between 1945 and 1965 and persons at high risk for infection   |
| HIV Screening               | Adults ages 18 to 65, older adults at increased risk and all pregnant women should be screened  |

| Immunizations (Vaccines)               |   |
|--|---|
| Tetanus Diphtheria Pertussis (Td/Tdap) | Get Tdap vaccine once, then a Td booster every 10 years   |
| Influenza (Flu)                        | Yearly  |
| Human Papillomavirus (HPV)             | 3 doses for women ages 18 to 26 if not already given<br>3 doses for men ages 18 to 21 if not already given* |
| Herpes Zoster (Shingles)               | Ages 60 and over, one dose  |
| Varicella (Chicken Pox)                | 2 doses if no evidence of immunity  |
| Pneumococcal (Pneumonia)               | Ages 65 and over, one dose of PCV 13 and one dose of PCV 23 at least one year after PCV 13*                 |
| Measles, Mumps, Rubella (MMR)          | 1 or 2 doses for adults born in 1957 or later who have no evidence of immunity                              |

## Women's Health

Women have their own unique health care needs. To stay well, women should make regular screenings a priority. In addition to the services listed in the Adult Health section, women should also discuss the recommendations listed on the chart to the right with their doctor.

## Men's Health

Men are encouraged to get care as needed and make smart choices. That includes following a healthy lifestyle and getting recommended preventive care services. If men follow a game plan for better overall health, they'll be more likely to win at wellness.

In addition to the services listed in the Adult Health section, men should also discuss the recommendations shown in the chart to the right with their doctor.

**Learn more!** Additional sources of health information include:

- [ahrq.gov/patients-consumers/prevention/index.html](http://ahrq.gov/patients-consumers/prevention/index.html)
- [cancer.org/healthy/index](http://cancer.org/healthy/index)
- [cdc.gov/healthyliving/](http://cdc.gov/healthyliving/)

## Women's Recommendations

|                           |  |
|---------------------------|--|
| Mammogram                 | At least every 2 years for women ages 50 to 74<br>Ages 40 to 49 should discuss the risks and benefits of screening with their doctor   |
| Cholesterol               | Women age 45 and older. Women age 20-45 should be screened if they are at increased risk for coronary heart disease. Talk with your doctor about the starting and frequency of screening that is best for you. |
| Cervical Cancer Screening | Women ages 21 to 65: Pap test every 3 years<br>Another option for ages 30 to 65:<br>Pap test with HPV test every 5 years<br>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*   |
| Low-dose Aspirin Use      | Ages 50-59 talk with your health care provider about low-dose aspirin use for the prevention of cardiovascular disease and colorectal cancer.  |

## Men's Recommendations

|                           |   |
|---------------------------|---|
| Cholesterol               | Men age 35 and older should be screened. Men age 20-35 should be screened if they are at increased risk for coronary heart disease. Talk with your doctor about the starting and frequency of screening that is best for you. |
| Prostate Cancer Screening | Discuss the benefits and risks of screening with your doctor.*  |
| Abdominal Aortic Aneurysm | Have an ultrasound once between ages 65 to 75 if you have ever smoked.  |
| Low-dose Aspirin Use      | Ages 50-59 talk with your health care provider about low-dose aspirin use for the prevention of cardiovascular disease and colorectal cancer.   |

You probably don't hesitate to ask your doctor about nutrition and exercise, losing weight and stopping smoking. Other topics for discussion may include:

- Dental health
- Problems with drugs or alcohol
- Sexual behavior and sexually transmitted diseases
- Feelings of depression
- Domestic violence
- Accident/injury prevention
- Preventing falls, especially for ages 65 and over



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

The recommendations provided in the table are based on information from organizations such as the Advisory Committee on Immunization Practices, the American Academy of Family Physicians, the American Cancer Society and the United States Preventive Services Task Force. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the recommendations provided.

Coverage for preventive care services at no cost share may vary depending on your specific benefit plan and use of network providers. For questions, please call the Customer Service number on the back of your ID card.