

Preventive Care Guidelines for Adults

This table shows the services that are recommended for adults, and how often you should have them done. PCP= Primary Care Provider

<i>Service:</i>	<i>For Who:</i>	<i>How Often:</i>
Routine Check-Up	Everyone age 19 and older	Every year
Blood Pressure Test Source: 3	Everyone age 19 and older	During your annual check-up
Pap Smear Test Source: 3	Women age 21 and older	Every 3 years <i>*evaluate risk every year with your PCP</i>
Cholesterol Blood Test Source: 3	Everyone age 35 and older	Evaluate risk every year with your PCP
Breast Cancer Screen Source: 3	Women age 50 and older	Mammogram every 2 years <i>*evaluate risk every year with your PCP</i>
Colon Cancer Screen Source: 3	Everyone age 50 or older	Evaluate risk every year with your PCP
Prostate Cancer Screen Source: 2	Men age 40 and older	Evaluate risk every year with your PCP
Lung Cancer Screening Source: 3	Adults age 55 and older with a history of smoking	Yearly <i>*evaluate risk every year with your PCP</i>
Adult Immunizations: Flu	Adults 18 and older	Yearly
Tdap	Adults 18 and older	Once (if didn't receive at age 11-12), during every pregnancy
Tetanus	Adults 18 and older	Every 10 years, more frequently depending on risk
Shingles	Adults 60 and older	Two Shot Series
Pneumococcal (PPSV23)	Anyone Ages 2- 64	Evaluate risk with your PCP
HPV Source: 3,5	Women Ages 11-26 Men Ages 11-21	Three Shot Series
Eye Exam for Diabetics (Dilated Fundoscopic)	Everyone with Diabetes	Every 2 years or more frequently depending on risk
Foot Exam for Diabetes Source: 1	Everyone with Diabetes	Every year
STD Screening Source: 5	Everyone who is sexually active	Evaluate risk every year with your PCP
HIV Blood Test Source: 3,5	Adults 18 and older	Once or more frequently depending on risk
Hepatitis C Source: 3	Adults 18 and older	Once for adults born between 1945 and 1965. For others, more frequently depending on risk
Substance Use Screen Source: 3	Adults 18 and older	Yearly or more frequently depending on risk
Depression Screening Source: 3	Adults 18 and older	Yearly or more frequently depending on risk

Source 1. American Diabetes Association

Source 2. American Cancer Society

Source 3. US Preventive Services Task Force (USPSTF)

Source 4. American Heart Association

Source 5. Center for Disease Control (CDC)