



## PREVENTIVE CARE SERVICES

Preventive care can help you stay healthier. Certain care is **free** based upon your health plan. See your provider for regular visits and be aware that these are guidelines are based on recommendations from the U.S. Preventive Services Task Force and the CDC based upon the latest medical research from organizations like the American Medical Association.

### Adults

#### Physical Exams

19-21 years    Once every 2-3 years  
22-64 years    Once every 1-3 years  
65 and older    Once every year

#### Vaccine

#### Recommendation

Chickenpox	2 doses 4 weeks apart for those with no history of vaccination
Flu	1 dose every year
Hepatitis A	2 doses for those at high risk
Hepatitis B	3 doses for those at high risk
HPV	3 doses over a 24-week period up to age 26
MMR	1-2 doses if no history of vaccination
Meningitis	1 dose for ages 19-24 if no history of vaccination
Pneumonia	1 dose for those 65 years and older. Those at high risk or with a history of asthma or smoking should have 1 dose between 19-64 with a booster 5 years later
Shingles	1 dose for those 60 years and older

DISCLAIMER: The information contained herein should NOT be used as a substitute for the advice of an appropriately qualified and licensed physician or other health care provider. The information provided here is for informational purposes only

Tetanus, diphtheria,  
Whooping cough

1 dose followed by tetanus every 10 years

## Adults - Assessments and Screenings

Aortic aneurysm screening	Once for men ages 65-75 with a history of smoking
Advance care planning	At physical exams
Alcohol screening	At physical exams
Blood pressure screening	At physical exams

## Adults - Assessments and Screenings – continued

Cholesterol (fasting)	Every 5 years
Colonoscopy	Every 10 years starting at age 50, earlier if family history
Diabetes	For those with a sustained blood pressure greater than 135/80 Or with hypertension or hyperlipidemia
Height, Weight, BMI	During Physical Exam
Hepatitis B and C	Adults at high risk
HIV screening	All adults up to age 65, older adults if at high risk
Lung Cancer screening	Annual for adults ages 55 to 80 who have a 30 pack a year smoking history and currently smoke or quit smoking within the past 15 years
TB	At doctor discretion if you're at high risk