

preventive care guidelines

ARE YOU UP TO DATE ON YOUR PREVENTIVE CARE?

To improve your chances for a healthy future, use this chart to remind yourself when you or your loved ones might be due for a physical exam, immunization or lab test.

Rey.	Always	High Risk Only		Not Applicable		
TOPIC			19–39	A (40–49	GE 50-64	65+
Periodic	: Visit					
Annual Well Visit						
Complete or Umedical histor	Update – Physical exam, ry, surgical history and fa	congnitive functioning, mily history				
Height and W	eight = BMI					
Clinical Breast	Exam					
Blood Pressur	re					
Lab/Tes	sts/Other Exa	ms				
Lipid screenin	g (every 1–5 years)					
 Pap Smea Women ag interval m Women of cervix who the past si 	ges 30 to 65 who want to lo ay combine a Pap smear ar f any age following a hystero	netween the ages of 21 and 65 engthen the screening and HPV testing every 5 years ectomy with removal of the are had a negative Pap test in				
Chlamydia scr (25 years and y	eening ounger if sexually active; ol	der if at risk)				
	Screening (40 years of aggram annually	ge and older)	Baseline 35–39			
Type 2 diabete	es screening (if blood pres	sure is greater than 135/80)				
Osteoporosis	screening annually (65 ye	ears of age and older)				
Stool TesSigmoidoColonoso	ncer screening (ages 50–7 st – FIT or gFOBT (annual oscopy (every 5 years) OR copy (at age 50 then every Contract Barium Enema (lly) OR 10 years until age 75) OR				
EKG screening	g (Medicare Advantage onl	y)				
Glaucoma scr	eening (Medicare Advanta	uge only)				



TOPIC	AGE			
10116	19–39	40-49	50-64	65+
Immunizations				
Td booster every 10 years (substitute 1 dose Tdap for Td)				
Influenza vaccine annually				
Pneumococcal vaccine (1 time at 65 years of age or older)				
Zoster vaccine (single dose for those 60 years and older)				
Meningococcal vaccine				
Varicella vaccine				
Hep A vaccine				
Hep B vaccine				
MMR vaccine				
HPV vaccine for all women up to the age of 26 who have not completed the vaccine series (3 doses)				
Counseling/Screening				
Discuss calcium, vitamin D, and folic acid with those at risk for or considering pregnancy				
BRCA (if at risk of hereditary breast or ovarian cancer)				
Family planning				
Exercise				
Tobacco cessation				
Alcohol/substance abuse				
STD/HIV/sexual behavior				
Dental health				
Hep C Screening (1 time for those born between 1945 and 1965)				
Sun exposure				
Injury prevention (including seat belts, helmet use, fall prevention)				
Depression				
Health care proxy/advance directives				
OTC drugs including vitamins				
Aspirin therapy (55 to 79 years of age)				
Workplace violence				
Domestic violence				
Risk-taking behavior				
Stress management				
Nutrition				

This reference was created in accordance with Centers for Disease Control and Prevention (CDC), the Advisory Committee on Immunization Practices (ACIP) the U.S. Preventive Services Task Force (USPSTF) and the American Cancer Society (ACS).

 $^{^{\}star}$ All New York State medical professionals are required to report to New York State Department of Health persons diagnosed with Tuberculosis, STDS, HIV, HIV related illness and AIDS.