

Adult preventive health guidelines

Recommended visits and interventions



PREVENTIVE CARE	RECOMMENDATIONS
Abdominal aortic aneurysm screening by ultrasound	Once a lifetime for men ages 65 to 75 who have ever smoked.
Aspirin therapy	For those adults at increased risk for cardiovascular diseases.
Breast cancer screening mammography	Every one to two years for women ages 40 and older.
Cervical cancer screening	Annually for women ages 21 to 30. (Begin screening within three years of becoming sexually active or age 21.) Women over age 30 who have had three consecutive negative results may be screened every two to three years. As recommended by providers for women after age 65.
Chlamydia screening	Sexually active women under age 25.
Cholesterol screening	Every five years as recommended by providers for men ages 35 and older and women ages 45 and older.
Colorectal cancer screening	Ages 50 to 75 at intervals depending on the type of test, including any of the following: <ul style="list-style-type: none"> • Fecal Occult Blood Testing (FOBT) annually. • Colonoscopy every 10 years. • Flexible Sigmoidoscopy every five years. • Barium Enema every five years. • Annual FOBT plus flexible sigmoidoscopy every five years.
Diabetes type-2 screening	Every three years for adults with blood pressure over 135/80.
High blood pressure screening	Every two years for people with blood pressure under 120/80 and every year for people with blood pressure over 140/90.
Immunizations	Refer to the CDC's schedule of immunizations .
Obesity screening	Height, weight and body mass index (BMI) at least annually.
Osteoporosis screening	Women ages 65 and older.
Prostate cancer screening	Men ages 50 to 75. Discuss with your provider.

Please note: Additional or different services may be recommended by providers. Members should refer to their Member Handbook to determine if services and supplies are covered benefits.

