

2010 ADVANTAGE Health Solutions Preventive Health Guidelines

Adult Routine Preventive Care Recommendations

Note: This information is not a description of benefits. Please refer to your benefits description materials for the terms, limitations, and exclusions of your coverage. Use this as a guide in scheduling routine care appointments for you and your family. Your physician can make more specific recommendations based on your health risks.

Screenings:	18-39 Years	40-50 Years	50-60 Years	60+ Years
Physicals/Health Assessments	Should be done periodically, frequency to be determined by physician.	Recommended every 3 years	Recommended every 2 years	Recommended Annually
Height and Weight	Should be done periodically, frequency to be determined by physician.			
Total Blood Cholesterol	Beginning at age 21	Should be done periodically, frequency to be determined by physician.		
Blood Pressure Screening	Should be done periodically, frequency to be determined by physician.			
Vision Screening	Recommended Annually			
Glaucoma Screening	Should be done periodically, frequency to be determined by physician.			
Screening for Hearing Impairment				Should be done periodically, frequency to be determined by physician.
Dilated Retinal Examination for Members with Diabetes	Recommended Annually			
Clinical Breast Exam	Recommended Annually			
Mammogram		Recommended Annually		
Pelvic Exam/Pap Smear	Should be done periodically, frequency to be determined by physician.			

Screenings:	18-39 Years	40-50 Years	50-60 Years	60+ Years
Chlamydia Screening	For all sexually active non-pregnant women and 24 and younger	Recommended for non-pregnant women who are at an increased risk.		
Fecal Occult Blood (FOBT), Sigmoidoscopy, Double-Contrast Barium Enema or Colonoscopy			Beginning at age 50, both men and women should follow one of these five screening options: Yearly fecal occult blood test (FOBT) plus flexible sigmoidoscopy every 5 years; flexible sigmoidoscopy every 5 years; yearly fecal occult blood test (FOBT); colonoscopy every 10 years; double-contrast barium enema every 5 years. ** (The combination of FOBT and flexible sigmoidoscopy is preferred over either test alone).	
Prostate Screening (PSA)			Should be done periodically, frequency to be determined by physician.	
Depression and Dementia Screening				Should be done periodically, frequency to be determined by physician.
Bone Mass Measurement			Age 60-64, should be done periodically if at high risk for osteoporosis.	Age 65+ should be done periodically, frequency to be determined by physician.
Education and Counseling:				
All patients should be periodically screened and counseled as appropriate regarding injury prevention, nutrition, adequate calcium intake and osteoporosis, physical activity, obesity, breast and testicular self-exams, dental care, low back pain, sun protection, tobacco usage, alcohol and substance abuse, prescription drug misuse and abuse, signs and symptoms of depression, stroke prevention, and family violence and abuse.				

- Not Nationally Recommended for this Age Group
- Range of Recommended Ages
- Recommended for Certain High-Risk Groups
- Frequency Determined by Physician

*This schedule indicates the recommended ages for routine preventive care, as of February 1, 2010, for adults age 19 and older. ADVANTAGE Health Solutions, Inc. adopts the most current recommendations approved by the U.S. Preventive Clinical Task Force. Additional screenings may be licensed and recommended throughout the year. For more information regarding the preventive guidelines, visit <http://www.ahrq.gov/clinic/cps3dix.htm>