

# Presbyterian Health Plan Preventive Healthcare Guidelines

## A Guide for Members



	Ages 18-64	Ages 65 and older
<b>Breast cancer screening</b>	Mammogram (special X-ray of breast) every 1-2 years for women ages 40 and older. Discuss with your PCP.	
<b>Cervical cancer screening</b>	Pap smear testing for women ages 21-65 every 3 years.	
<b>Screening for chlamydia and gonorrhea</b>	All sexually active women ages 24 and younger and for older women at increased risk. Discuss with your PCP.	
<b>Screening for syphilis</b>	Asymptomatic, non-pregnant adults who are at increased risk.	
<b>Screening for colorectal (intestine/gut) cancer</b>	For all individuals ages 50-75: <ul style="list-style-type: none"> <li>• Testing for blood in stool every year for everyone ages 50 and older.</li> <li>• Discuss other screening options with your PCP.</li> </ul>	
<b>Screening for Type 2 Diabetes</b>	Discuss with your PCP.	
<b>Blood pressure check</b>	At least every 2 years.	
<b>Lipid/cholesterol screening</b>	At least every 5 years for men ages 35 and older. At least every 5 years for women ages 45 and older.	
<b>Screening for osteoporosis (bone thinning)</b>	For women age 64 and younger at increased risk. Discuss with your PCP.	For women ages 65 and older, discuss with your PCP.
<b>Screening for abdominal aortic aneurysm (a heart problem)</b>		Men ages 65-75 who have ever smoked (one-time test).
<b>Lung cancer screening</b>	Annual screening for adults ages 55 to 80 years with a 30 pack-year smoking history and currently smoke or have quit within the past 15 years.	
<b>Height, weight and obesity</b>	Height, weight, and Body Mass Index (BMI) at every office visit.	
<b>Testing for rubella</b>	Once for all women of childbearing age by history of vaccination or blood test.	
<b>Testing for tuberculosis</b>	Discuss with your PCP.	
<b>Screening for depression</b>	Discuss with your healthcare practitioner.	
<b>Screening for behavioral health problems (mental health and drug abuse)</b>	First PCP visit.	
<b>Testing for hearing and vision problems</b>	Discuss with your PCP.	
<b>Immunizations (shots)</b>	Ask your PCP about immunizations you may need. <ul style="list-style-type: none"> <li>• Flu shot every year.</li> <li>• Tetanus boosters.</li> <li>• Shingles (herpes zoster) vaccine for ages 60 and older (one-time vaccine).</li> <li>• Pneumonia vaccine(s): Discuss options with your PCP.</li> </ul>	

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### Health Education and Development Counseling

Age-appropriate health education and development counseling should encompass some of the following:

#### Ages 18-64

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| <ul style="list-style-type: none"><li>• Regular physical activity</li><li>• Healthy diet</li><li>• Not using/quitting tobacco</li><li>• Avoid alcohol misuse</li><li>• Prevention of HIV infection and other sexually transmitted infections (STIs)</li><li>• Prevention of unintended/mistimed pregnancies</li><li>• Intimate partner violence (domestic violence)</li></ul> | <ul style="list-style-type: none"><li>• Prevention of injuries (motor vehicle, household, and recreational)</li><li>• Discussion of prevention of chronic diseases for perimenopausal and postmenopausal women</li><li>• Use of aspirin for members at risk for heart disease:<ul style="list-style-type: none"><li>• 50-59 who have a 10% or greater 10-year CVD risk.</li></ul></li></ul> |
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#### Ages 65 and older

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| <ul style="list-style-type: none"><li>• Regular physical activity</li><li>• Healthy diet</li><li>• Not using/quitting tobacco</li><li>• Avoid alcohol misuse</li><li>• Prevention of injuries (motor vehicle, household, and recreational)</li><li>• Intimate partner violence (domestic violence)</li></ul> | <ul style="list-style-type: none"><li>• Fall prevention</li><li>• Prevention of HIV infection and other sexually transmitted infections (STIs)</li><li>• Discussion of prevention of chronic diseases for perimenopausal and postmenopausal women</li><li>• Use of aspirin for members at risk for heart disease:<ul style="list-style-type: none"><li>• Men ages 45-79 years</li><li>• Women ages 55-79 years</li></ul></li></ul> |
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