

Adult Preventive *Guidelines*

The following preventive guidelines are designed for healthy adults at low risk for disease. Please note these are the minimum standards and your primary care provider may recommend more frequent screenings and testings based on your medical history.

Most insurance plans cover prevention. Call the number on the back of your insurance card to confirm coverage and to see if you need a provider referral or pre-certification. To schedule a screening or check-up, call (920) 496-4700 or (888) 277-3832.

<i>Preventive Guidelines</i> For Men and Women	18-39 Years	40-64 Years	Over 65 Years
BLOOD PRESSURE SCREENING	Patients with a blood pressure of less than 120/80 should be screened every two years. Those with a blood pressure of 120–139/80–89 should be screened annually. Your health care provider may screen you more often if you have regular check-ups.		
DEPRESSION SCREENING	Adult patients should be screened for depression to ensure accurate diagnosis, effective treatment and careful follow-up.		
FLU VACCINE	Recommended for all patients annually.		
OBESITY SCREENING	Patients should have their height, weight and body mass index reviewed by a provider annually.		
OSTEOPOROSIS SCREENING	The risk factors for osteoporosis and its primary prevention should be discussed with a provider during preventive health appointments.		
PROBLEM DRINKING SCREENING	Those who drink should discuss alcohol consumption and its effects with a provider during their next preventive health appointment.		
TETANUS-DIPHTHERIA- PERTUSSIS BOOSTER	Adults should receive a Tdap (Tetanus, Diphtheria, and Pertussis) vaccine one time, no matter when you received your last tetanus. Pregnant women also need a Tdap vaccine every pregnancy. If you've received a Tdap vaccine as an adult, you'll need Td booster vaccines every 10 years.		
TOBACCO USE SCREENING	Patients who use tobacco should discuss the effects of tobacco and methods of quitting with a provider during their next preventive health appointment.		
PNEUMONIA VACCINE	Ages 18-64: High risk groups need to be immunized with PPSV23 (polysaccharide vaccine) and sometimes more than one dose is required five years later. You may also need PCV 13 (conjugate vaccine), depending on your risk factors. Your health care provider can help you determine which vaccines are needed and when you should receive them.		A minimum of one pneumococcal vaccine is recommended. Get one dose of PPSV23 (polysaccharide vaccine). Shared clinical decision making may be used for high risk individuals and PCV 13 may also be recommended by your provider.
COLORECTAL CANCER SCREENING	Colonoscopy is recommended once every 10 years for all patients ages 45 to 75. Depending on your family history or other risk factors, you may need to be screened sooner.		
HEARING SCREENING	Patients should discuss the need for a hearing screening with a provider during their next preventive health appointment.		
VISION SCREENING	Adults age 65 and older should have routine vision screens.		

Please see other side for more preventive services for men and women.



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<i>Preventive Guidelines</i> For Women	18-39 Years	40-64 Years	Over 65 Years
CALCIUM NEEDS	Adult women should discuss the use of calcium supplements in preventing fractures with their provider during their next preventive health appointment.		
CERVICAL CANCER SCREENING	Cervical cancer screening is recommended once every three years for women age 21 to 65.	Women age 30 to 65 can lengthen the screening interval to once every five years with HPV testing.	
CHLAMYDIA SCREENING	Sexually active women are at an increased risk for infection and should discuss the risk of chlamydia with their provider during their next preventive health appointment.		
FOLIC ACID NEEDS	Women of childbearing age should discuss the use of folic acid supplements with their provider in preventing birth defects.		
CHOLESTEROL SCREENING	Fasting lipid screening is recommended every five years for women 45 and older.		
BREAST CANCER SCREENING	Women 50 to 74 should have a mammogram every other year. Depending on your personal preference or health factors, you may wish or need to be screened sooner. You can discuss this further with your health care provider.		

<i>Preventive Guidelines</i> For Men	18-39 Years	40-64 Years	Over 65 Years
CHOLESTEROL SCREENING	Fasting lipid screening is recommended every five years for men 34 and older.		
PROSTATE CANCER SCREENING	The decision about whether to be screened for prostate cancer should be an individual one. You may wish to discuss your family history or other risk factors with your physician to determine if this test is right for you.		
ABDOMINAL AORTIC ANEURYSM	Men ages 65-75 who have ever smoked should be screened for abdominal aortic aneurysms.		

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