

## PREVENTIVE SCREENING GUIDELINES FOR HEALTHY ADULTS (age 19+)

One of the most important steps you can take to manage your health is to stay up-to-date with preventive care. When a condition is diagnosed early, it is usually easier to treat and regular check-up can help you and your doctor identify lifestyle changes you can make to live a healthy life.

Up to Date?  
√ YES/NO

### Live a Healthy Lifestyle:

#### ROUTINE HEALTH GUIDE

Annual Wellness and Routine Check-up	Annually	
Obesity Screening: Diet/Physical Activity/ BMI Counseling	Annually	
Vision and Dental Exam	Annually: Discuss with your doctor	

#### RECOMMENDED CHECK-UPS and SCREENINGS for AT-RISK ADULTS

Abdominal Aortic Aneurysm Check	One-time screening for ages 65 to 75 who have ever smoked or have a family history .	
Bone Mineral Density Screening and prescribed medication for Osteoporosis	Women beginning at age 65 or older; and in younger women who have an increased risk	
Cholesterol Screening	Ages 35+: All Men: Annually and Ages 20+: Men and Women at increased risk: Annually	
Colorectal Cancer Screening and Counseling	Age 50-75; Colonoscopy or fecal occult blood test or sigmoidoscopy	
Mammogram	Annually at ages 40+ (per the American Cancer Society)	
Pap Test/Pelvic Exam	Women age 21-65 should have Pap Test every 3 years or women age 30-65 should have Pap Test/HPV combined testing every 5 years; Ages 65+: Discuss with your doctor.	
HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling	As indicated by history and/or symptoms. Discuss with your doctor behavioral risks	
Lung Cancer Screening and Counseling	Ages 55-80; 30 pack smoker history, current smoker/quit within past 15 years	
Prostate Cancer Screening	Discuss with your doctor	
Skin Cancer Screening	Discuss with your doctor	

#### GUIDANCE

Screen/Counseling: Depression, Obesity, Tobacco, Alcohol, Substance Abuse and Pregnancy	Every visit, or as indicated by your doctor	
Fall Risk/Unintentional Injury/Domestic Violence Prevention/Seat Belt Use	Discuss exercise, home safety and vitamin D supplementation with your doctor	
Medication List (including over-the-counter and vitamins) for potential interactions	Every visit, or as indicated by your doctor	
Advance Directives/Living Will	Annually	

#### IMMUNIZATIONS \* (ROUTINE RECOMMENDATIONS)

Tetanus, Diphtheria, Pertussis (Td/Tdap)	Ages 19+: Tdap vaccine once, then a Td booster every 10 years	
Flu (Influenza)	Annually during flu season	
Pneumococcal (PCV13 and PPSV23)	Ages 19-64: if risk factors are present; Ages 65+: 1-2 doses (per CDC); Ages 50+:1 dose	
Shingles (Zoster)	Ages 60+: 1 dose (per CDC); Ages 50+:1 dose	
Haemophilus Influenza Type b (HIB) Hepatitis A, Hepatitis B, Meningococcal	Ages 19+: if risk factors are present	
Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR), Varicella (Chickenpox) & Hepatitis C (HCV) Screening	Physician recommendation based on past immunization or medical history	

\*Some immunizations are contraindicated for certain conditions, discuss with your doctor. Source: [www.ahrq.gov](http://www.ahrq.gov), [www.cdc.gov](http://www.cdc.gov)  
If you need help finding a doctor, call AtlantiCare's Access Center at **1-888-569-1000**

- Get your annual preventive care visit to review your overall health and keep follow-up appointments with your doctor.
- Find out if you're at risk for health conditions, such as diabetes.
- Stay up to date with your vaccines, preventive screenings, and labs.
- Talk with your doctor about the medications (including over the counter vitamins or supplements) you are taking to reduce side effects and interactions.
- Eat a healthy diet, rich in fruits, vegetables, and whole grains, with limited red meat and processed food.
- Be active most days of the week.



A MEMBER OF GEISINGER HEALTH SYSTEM