

Guidelines for Adult Health Maintenance†

Receiving regular health exams and health services, including immunizations, can improve your health and wellness. The following is a general guideline for healthy people. Your family doctor should decide if and when these or additional tests and/or visits may be required based on his or her judgment of your specific needs. Please check your benefit package for coverage.

Age:	19-49 Years	50-64 Years	65+ Years
Health Maintenance Initial visit for physical exam Periodic physical exam Blood pressure/weight Cholesterol screening Colon cancer screening Fecal occult blood test and sigmoidoscopy OR colonoscopy Glaucoma testing	Within 2 years of last physical exam Every 3 years Every visit Every 5 years	Every 3 years Every visit Every 5 years Annually Every 5 years Every 10 years	Annually Every visit Annually Annually Every 5 years Every 10 years Annually
Immunizations Tetanus-diphtheria booster ¹ Influenza Vaccine Pneumococcal Vaccine Polysaccharide Meningococcal Vaccine	Every 10 years College students living in dormitories should receive a single dose	Every 10 years Annually	Every 10 years Annually Once
Females Only Pap smear Pelvic exam Clinical breast exam Mammography	Annually Annually Annually Annually (40-49)	Annually Annually Annually Annually	Annually Annually Annually Annually
Males Only Testicular exam	At every periodic physical exam visit age 19-35	Discuss PSA test	Discuss PSA test
Discuss with your physician:	Diet and exercise Substance use: cessation, prevention, treatment Sexually transmitted diseases Contraceptive options Pregnancy: early and regular prenatal care; folate supplements Injury prevention Dental health Living will/medical durable power of attorney (Advance Directive) Females: Breast self exam TB screening	Diet and exercise Substance use: cessation, prevention, treatment Sexually transmitted diseases Hormone replacement therapy Injury prevention Dental health Living will/medical durable power of attorney (Advance Directive) Males: Testicular self exam TB screening	Diet and exercise Substance use: cessation, prevention, treatment Sexually transmitted diseases Sexuality Injury prevention Dental health Living will/medical durable power of attorney (Advance Directive) Males: Testicular self exam TB screening
High-risk individuals in all age groups should discuss the following immunizations:	Hepatitis A Hepatitis B Influenza Pneumococcal Rubella Lyme Varicella Zoster (Chickenpox)		

¹ Booster given after primary 3-dose series.

Courtesy of Alliance PPO