

Preventive Care Guidelines Summary

For Healthy Adults

The gray shaded areas show the age range when the service is needed.

AGE		18	25	30	35	40	45	50	55	60	65	70	75 AND UP	
For Men And Women:														
SCREENING	Blood Pressure	Blood pressure should be checked at least every 2 years. People with high blood pressure should be tested for diabetes.												
	Body Mass Index (BMI)	If BMI is over 25, discuss health risks and screen for diabetes.												
	Tobacco Use	Ask about tobacco use. Discuss options for quitting.												
	Colon Cancer													Screen for colon cancer. If your patient has a family history or other risk factors, screen earlier. Discuss screening options.
	Other Screenings	Depending on age, sex and other factors, provider may advise additional screenings or tests for other kinds of cancer.												
VACCINES	Tetanus-Diphtheria-Pertussis (Td or Tdap) Booster	Tdap booster once, and then a Td booster every 10 years.												
	Pneumococcal Vaccine												Most people need just one dose. Some need a repeat dose after 5 years.	
	Influenza Vaccine	Annually												
	Zoster Vaccine													Shingles vaccine (once)
	Other	Some adults need an additional measles, mumps and rubella (MMR) or chicken pox vaccine.												
COUNSELING	Improving Health	<ul style="list-style-type: none"> Check for harmful behaviors such as alcohol or drug use, unsafe sex or behaviors that put the patient or others at risk for infection or injury, and provide important recommendations. Discuss the need for dental, vision and hearing care. Work with your patients to help them understand healthful nutrition and exercise, the importance of using seat belts and motorcycle helmets and the need to use sunscreen and ultraviolet (UV) protective eyewear. If they have children, discuss protection from firearms and tobacco smoke exposure, and how to use car seats correctly. 												
	Preventive Medications	<ul style="list-style-type: none"> Discuss taking folic acid with women of childbearing age. For men 45 or older or women age 55 or older, who have risk factors for heart disease, discuss daily aspirin therapy. 												
For Men:														
SCREENING	Cholesterol	Earlier screening is recommended for men with risk factors.				Men without cardiac risk factors should have their cholesterol checked at least every 5 years beginning at age 35.								
	Prostate Cancer Screening Discussion												Discuss the risks and benefits of prostate screening with your patient annually.	
	Abdominal Aortic Aneurysm Ultrasound	This test may be right for patients who smoke or have ever smoked.										One time		
For Women:														
SCREENING	Cholesterol	Earlier screening is recommended for women with risk factors.						Women at above-average risk for heart disease should have their cholesterol checked at least every 5 years.						
	Mammography						Mammograms are recommended every 1 to 2 years. Beginning at age 40, talk with your patient about when to have the first mammogram.						Advise patients after age 74.	
	Pap Test		Women age 21 to 65 should have a Pap test every 3 to 5 years unless she has had a hysterectomy.											
	Chlamydia	Periodic	← Women age 24 or younger (or with risk factors) should be screened.											
	Osteoporosis													Screening usually begins at age 65. Some women need to start earlier.

These guidelines are adapted from the recommendations of national organizations (ahrq.gov, aafp.org, aap.org). They apply to adults at average risk for disease. Adults at higher risk may need additional care; ask your provider. Some actions may be recommended, but may not be covered as a benefit in your specific health plan. To learn if a service is covered, call the Member Services number on your ID card.

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