

Interventions Considered and Recommended for the Periodic Health Examination* Ages 21 and Older
Most authorities recommend these visits every 1- 3 years until age 65 and yearly thereafter for healthy, asymptomatic individuals. Some patients with special risk factors may require more frequent and additional types of preventive care.

SCREENING	21	30	35	40	45	50	55	60	65	70	75	80▶
Blood Pressure	X	X	X	X	X	X	X	X	X	X	X	X
Height & Weight	X	X	X	X	X	X	X	X	X	X	X	X
BMI	X	X	X	X	X	X	X	X	X	X	X	X
Total Blood Cholesterol and HDL (men)	H	H	X	X	X	X	X	X	X	X	X	X
Total Blood cholesterol and HDL (women)	H	H	H	H	X	X	X	X	X	X	X	X
Fecal occult blood test and/or sigmoidoscopy	H	H	H	H	H	X	X	X	X	X	X	X
Pap test annually / three or more normal tests, then q 1-3 years	X	X	X	X	X	X	X	X	X	X	X	X
Mammogram with or w/o clinical breast exam q 1-2 years age 40 and older				X	X	X	X	X	X	X	X	X
Osteoporosis screening (women) Bone Density Scan								H	X	X	X	X
Chlamydia Screening: all sexually active and pregnant women aged 25 and younger and for those women at high risk (multiple partners, STD hx etc.) Rescreening 3 to 4 months following treatment.	X	H	H	H	H	H	H	H	H	H	H	H
Assess for problem drinking	X	X	X	X	X	X	X	X	X	X	X	X
Assess for hearing impairment	X	X	X	X	X	X	X	X	X	X	X	X
Signs and symptoms of depression	X	X	X	X	X	X	X	X	X	X	X	X
Family violence screening	X	X	X	X	X	X	X	X	X	X	X	X
Vision screening	X	X	X	X	X	X	X	X	X	X	X	X
COUNSELING												
Tobacco cessation	X	X	X	X	X	X	X	X	X	X	X	X
Limit fat and cholesterol, maintain caloric balance; emphasize grains, fruits, vegetables	X	X	X	X	X	X	X	X	X	X	X	X
Adequate calcium intake (women)	X	X	X	X	X	X	X	X	X	X	X	X
Regular physical activity	X	X	X	X	X	X	X	X	X	X	X	X
Lap/shoulder belts	X	X	X	X	X	X	X	X	X	X	X	X
Motorcycle/bicycle/ATV helmets	X	X	X	X	X	X	X	X	X	X	X	X
Smoke detector	X	X	X	X	X	X	X	X	X	X	X	X
Safe storage/removal of firearms	X	X	X	X	X	X	X	X	X	X	X	X
Fall prevention									X	X	X	X
Hot water heater to < 120 degrees F									X	X	X	X
STD prevention: avoid high risk behavior, use condoms	X	X	X	X	X	X	X	X	X	X	X	X

COUNSELING cont.	21	30	35	40	45	50	55	60	65	70	75	80
Unintended pregnancy: contraception	X	X	X	X	X	X	X	X				
Regular visits dental care provider	X	X	X	X	X	X	X	X	X	X	X	X
Floss, brush/fluoride toothpaste	X	X	X	X	X	X	X	X	X	X	X	X
IMMUNIZATIONS	21	30	35	40	45	50	55	60	65	70	75	80
Tetanus -diphtheria (Td) boosters (routine boosters q 10 yr.)	X	X	X	X	X	X	X	X	X	X	X	X
Influenza yearly age 50 and older; recommend at earlier age for those in high risk professions and patients with chronic illnesses.	H	H	H	H	H	X	X	X	X	X	X	X
Pneumococcal age 65 > and older; earlier for those patients immunocompromised, chronic CV or pulmonary disorder hx	H	H	H	H	H	H	H	H	X	X	X	X
Hepatitis A and B Vaccine for those not previously immunized and at high risk for infection.	H	H	H	H	H	H	H	H	H	H	H	H
Varicella Vaccine for those not previously immunized or sensitized and for those at high risk for infection.	H	H	H	H	H	H	H	H	H	H	H	H
MMR 1 dose if vaccination hx unreliable; 2 doses for persons with occupational, geographic or other indications (ex: negative titer)	X	X	X	X	X	X	H	H				
CHEMOPROPHYLAXIS	21	30	35	40	45	50	55	60	65	70	75	80
ASA usage for patients at high risk for coronary heart disease. Men >40 years old and Postmenopausal women.	H	H	H	X	X	X	X	X	X	X	X	X
Multivitamin with folic acid (if planning pregnancy)	X	X	X	X	X	X	H	H	H	H	H	H
Hormone prophylaxis, peri/post menopausal women				H	H	H	H	H	H	H	H	H

* Based on US Preventive Services Task Force, Guide to Clinical Preventive Services, 3rd Edition, Washington D.C. Department of Health and Human Services 2000-2002

X - To be performed H - To Be performed based on patient history/symptoms

Adopted by the Quality Medical Management Committee 9/14/99. Reviewed and approved by the Quality Medical Management Committee 11/12/02.