

Health Care Guidelines for Adults

General Information

You can take an active part in planning your health care by knowing what:

- vaccinations you should have
- health education you should talk about with your health care provider
- screenings and tests you need and when to schedule them.

Together, these are known as preventive services. Check with your insurance provider about what your policy covers. Your health care provider's recommendations do not guarantee coverage.

Recommended Vaccinations

Vaccines can protect you from common diseases and illnesses. The recommended schedule is:

Vaccine	Age/How Often
Influenza	■ For everyone every year.
COVID-19	■ For everyone, one time. This is a 1- or 2-dose primary series, and booster for some.
Tetanus booster (Td or Tdap)	■ For adults. After 1 dose of Tdap starting at age 11 years, have a Td or Tdap every 10 years.
Hepatitis B	■ For adults age 19 to 59, and for adults age 60 and older with risk factors. This is a one-time 3-dose primary series.
Herpes zoster (RZV)	<ul style="list-style-type: none"> ■ For adults age 50 and older. Start at age 19 if you have issues with your immune system (immunodeficient or immunosuppressed.) ■ This is a one-time 2-dose series.
Pneumonia	■ For adults age 65 and older. Start at age 19 if you have certain conditions or risk factors. This is a one-time 1-dose vaccination.

Health Education

Information on the following topics is recommended to help you play an active role in planning your health care. Ask your health care provider or support staff for information on:

- health care directive
- aspirin therapy
- domestic violence
- drinking and driving
- prevention of falls
- nutrition
- physical activity
- post menopausal hormone replacement
- protection from ultraviolet (UV) light
- sexually transmitted infections
- quitting tobacco use
- coping skills and stress reduction
- preconception care (planning a pregnancy).

Screenings and Tests

Screens and tests can help find health problems early when they are most treatable. The recommended schedule is on the other side.

Screen or test	Ages 19 to 39	Ages 40 to 64	Ages 65 and older
daily aspirin (to prevent heart disease)		Consider for adults ages 40 to 70 who are at an increased risk for heart attack or stroke, are not at an increased risk of bleeding, and can take aspirin daily for 10 years.	
high blood pressure	Adults: check every 2 years if your blood pressure is less than 120 and less than 80 or check every year if your blood pressure is between 120-129 and less than 80.		
total and HDL cholesterol	For men older than age 34 every 5 years.	For men older than age 34 and women older than age 44 every 5 years.	
tobacco use	For adults at any age.		
problem drinking	For adults at any age.		
colon and rectal cancer		For adults starting at age 45.	
lung cancer	For adults between the ages of 50 and 77 who have no signs or symptoms of lung cancer, have a history of heavy smoking (the equivalent of 1 pack of cigarettes each day for 20 years or 2 packs each day for 10 years) or smoke now or quit within the last 15 years.		
cervical cancer	<p>If you are a woman with no signs or symptoms of a cervical problem and no history of abnormal Pap test results, the recommended screening schedule is:</p> <ul style="list-style-type: none"> ■ Ages 21 to 29: Have a Pap test every 3 years or have an HPV test every 5 years starting at age 25 (if your doctor advises) ■ Ages 30 to 65: Have a Pap test every 3 years or have an HPV test every 5 years or have a Pap test and HPV test every 5 years ■ Ages 65 or older: You can stop having Pap tests if you had regular Pap tests until age 65 <u>or</u> 3 normal Pap tests in a row or 2 normal combination screens (Pap and HPV) over the last 10 years. The most recent test has to be within 5 years. 		
breast cancer (mammograms)	<p>If you are a woman with an average risk for breast cancer, the screening schedule is:</p> <ul style="list-style-type: none"> ■ Age 25: Have a risk assessment for breast cancer with your health care provider. ■ Ages 40 to 44: Should consider having a mammogram every year with your decision informed by a shared decision making process with your health care provider. During this process, they will explain the benefits and harms of screening. ■ Ages 45 to 54: Have a mammogram every year. ■ Ages 55 and older: Have a mammogram every year or transition to having one every 2 years. Continue to have mammograms as long as your health is good. 		
prostate cancer		African-American men or men with a family history of prostate cancer or other risk factors should consider screening at age 45.	Men ages 55 to 70 should consider screening with their decisions informed by a shared decision making process with their health care providers.
vision check	For adults who <u>have</u> diabetes: have an eye exam every 1 to 2 years. For adults who do not have diabetes, have routine eye exams age 65 and older.		
calcium	Consider for all women at any age to prevent bone breaks (fractures).		
osteoporosis			For women ages 65 and older.
chlamydia	For all sexually active women ages 24 years and younger, and for older women at increased risk for infection.		

Your health care provider may want to offer you other screens such as vitamin D.