

Adult Preventive Health Care Guidelines*

The Ohio State University Health Plan Inc. created this preventive exam and screening schedule based on the recommendations of the United States Preventive Services Task Force (USPSTF), an independent panel of experts in primary care and prevention that systematically reviews the evidence of effectiveness and develops recommendations for clinical preventive services.

*For the benefit-covered frequency of physical exams and screenings, refer to the "Specific Plan Details" document available at <http://hr.osu.edu/benefits/healthmedical.htm>.

To give your body the best chance to remain healthy and disease-free, get the right kinds of preventive health services—screenings, counseling, and preventive medicines—at the right times.

KEY

= to be performed = to be performed for patients at risk

What does it mean to be "at risk"?

An "at risk" adult is one who, while currently healthy, may be at increased risk of developing learning, emotional, behavioral, or physical disabilities in the future. Risk may be based on your family history, tobacco use, and other behaviors, such as lack of physical activity, or health conditions, such as obesity or diabetes. If you are "at risk" or are not sure if you are "at risk," talk to your doctor. Your doctor will develop a personal schedule for the frequency of these and other tests or screenings based on your risk factors.

AGE	18	25	30	35	40	45	50	55	60	65	70		
▼ GENERAL HEALTH													
Physical Exam, Height and Weight	Men and women every 1-5 years				Men and women every 1-5 years			Men and women annually					
▼ HEART HEALTH													
Blood Pressure	Men and women at least once every 1-2 years												
Cholesterol	Men at risk			Men every 5 years									
	Women at risk every 5 years						Women every 5 years						
Diet Review	Men and women with high cholesterol and other known risks for heart disease and diabetes												
Diabetes Screening	Men and women at risk					Men and women every 3 years							
Aspirin to Prevent Heart Attack	Men and women at increased risk for coronary heart disease												
Abdominal Aortic Aneurysm Screening											Once for men who have ever smoked		
▼ CANCER													
BREAST													
Clinical Breast Exam	Women every 3 years along with monthly self-exam		Women annually along with monthly self-exam										
Mammogram	Women at risk					Women every 1-2 years to age 50; annually thereafter							
CERVICAL													
PAP Test and Pelvic Exam	Initial screening for women at time of first intercourse or by age 21; every 1-3 years thereafter										Every 1-3 years or at clinician discretion		
COLORECTAL													
TESTICULAR AND PROSTATE								Men and women every 1-10 years, depending on method and risk factors					
Digital Rectal Exam (DRE)						Men at risk		Men annually					
SKIN													
	Total skin exam every 3 years along with monthly self-exam					Men and women annually; frequency at clinician discretion based on risk factors							
▼ SENSORY SCREENING													
Hearing and Vision	Men and women with vision problems every 2 years					Men and women every 2 years							
Glaucoma	At least once for men and women with no risk factors; every 3-5 years in high-risk patients					Men and women every 2-4 years				Men and women every 1-2 years			
Retinal Eye Exam	Diabetic men and women annually												
▼ OTHER													
Osteoporosis								Women at risk		Women every 2 or more years			Men
Urinalysis	Diabetic men and women annually; pregnant women routinely												
Iron Deficiency Anemia	Asymptomatic pregnant women routinely												
Depression	Men and women; discuss with doctor												
▼ HEALTH RISKS													
BMI	Counseling and/or referral for overweight (BMI >25) and obesity (BMI >30) at risk for diabetes												
Tobacco Use	Men and women; discuss with doctor at every visit												
Obesity	Men and women; discuss with doctor at every visit												
Alcohol Use	Men and women; discuss with doctor at every visit												