

PATIENT GUIDE to ADULT PREVENTIVE SERVICES

LIVING A HEALTHY AND LONG LIFE IS A GREAT GOAL,

yet knowing how to get there can be confusing. Here is a list of recommended tests and services for healthy adults. Different tests or testing more often may be needed for people with certain risk factors or chronic diseases.

Talk to your doctor about preventive tests for your age and risk level, and learn more about living a healthier life today.



BLOOD PRESSURE:

Adults ages 18 and older should have their blood pressure tested every 1 to 2 years, depending on their risk factors.



BODY MASS INDEX (BMI)

Adults ages 18 and older should have their BMI calculated.



CERVICAL CANCER

Women ages 21 to 64 should have a Pap test every three years. Starting at age 30, you can wait five years if the Pap and HPV tests are done together. More frequent testing may be recommended if you have higher risk.



CHOLESTEROL

Men 35 and older, and women 45 and older with heart-disease risk factors should have this test done at least once every five years.



COLON CANCER

Screening for colon cancer should start at age 50 years and continue until age 75 years.



DEPRESSION

Let your doctor know if you have been feeling blue or lost interest or pleasure in doing things. There are several ways to help you feel better.



BREAST IMAGING OR MAMMOGRAPHY

Women ages 50 to 74 should have a breast screening done every two years. Older women and women in their 40's should talk to their doctor about their risk factors.



OSTEOPOROSIS

Women over 65 should have this test done. For men there is currently insufficient evidence to support routine screening, ask your doctor if the test makes sense for you.

** Please note this guide is not a substitute for medical advice or treatment. Use this guide to discuss preventive screening tests with your doctor.

The information in this guide is a select list of recommendations of Consumer Reports, the Society of General Internal Medicine, U.S. Preventive Services Task Force (USPSTF), endorsed with qualifications and designated into levels by the Institute for Clinical System Improvement (ICSI). For additional recommended services and more information visit www.icsi.org. Please check with your health plan to determine which screenings are a covered benefit. Presented by Fulcrum Heath, Inc. – 2017.