

Healthy Adult Preventive Care Guidelines



Recommendations for average-risk adults are adapted from the U.S. Preventive Services Task Force guidelines and are subject to change.

	Test/Exam/Vaccination	Gender	Age	Frequency
Vaccines	Human Papillomavirus (HPV) Vaccine	M F	21 and younger 26 and younger	Three doses over six months Three doses over six months
	Influenza Vaccine	M/F	6 months and older	Every 12 months in the Fall
	Pneumococcal Vaccine (PCV 13 and 23)			
	-PCV 13 ("Prevnar")	M/F	>65	Each administered once only. Give PCV 13 first if not vaccinated. Vaccines to be administered 6-12 months apart
	- PCV 23 ("Pneumovax")	M/F	>65	Each administered once only. Give PCV 13 first if not vaccinated. Vaccines to be administered 6-12 months apart
	Measles, Mumps, Rubella (MMR) Vaccine	M/F	Born in 1957 or later	1 or 2 doses
	Tetanus and Diphtheria and Pertussis (Tdap) Vaccine	M/F	18 and older	One dose to replace Td booster or with each pregnancy
	Tetanus and Diphtheria (Td) Vaccine	M/F	18 and older	Every 10 years
	Varicella Vaccine	M/F	18 and older	If never had chickenpox or vaccinated with only one dose, talk to your doctor
	Zostavax® Vaccine (Shingles)	M/F	60 and older	One dose only
Cancer Screenings	Chlamydia Screening	F	16-24	Yearly
	Colorectal Cancer Screening - Colonoscopy or - Sigmoidoscopy and - Stool Tests	M/F	50-75	Every 10 years Every five years Every 12 months
	Mammogram	F	40-50 50-75	Discuss with your doctor Every one to two years
	PAP Smear	F	21-29	Every three years if screening is normal; Routine HPV testing not recommended
	PAP Smear and HPV Testing		30-65	Every five years with HPV testing if screening is normal
	Prostate Cancer Screening	M	50-70	Discuss with your doctor
Other Preventive Screenings	Advanced Health Care Directive	M/F	Variable - any adult	Once, address as needed for changes
	Cholesterol Screening	M/F	Variable	Every five years if screening is normal; more frequently if abnormal
	Diabetes Screening	M/F	Variable	Every five years if screening is normal; more frequently if abnormal
	Hearing Screening	M/F	65 and older	Discuss with your doctor
	Hepatitis C Screening	M/F	Born between 1945-1965	Once only
	Osteoporosis Testing	M/F	65 and older	Every five years if screening is normal
	Periodic Primary Care Doctor Visit: Review your health status and preventative care needs	M/F	18 and older	Discuss with your doctor
	Visual Acuity Screening	M/F	65 and older	Discuss with your doctor
	High Blood Pressure Screening	M/F	18 and older	Variable

Recommendations as of June 2015

** THE USPSTF DOES NOT ENDORSE ANNUAL LABS IN HEALTHY ADULTS NOR DOES IT SUPPORT ROUTINE VITAMIN D SCREENING, BLOOD COUNT TESTING OR METABOLIC PANELS IN HEALTHY ADULTS. UNNECESSARY LAB SCREENING IS NOT PROVEN TO BE OF BENEFIT TO HEALTHY INDIVIDUALS. **