



preventive care guidelines

ARE YOU UP TO DATE ON YOUR PREVENTIVE CARE?

To improve your chances for a healthy future, use this chart to remind yourself when you or your loved ones might be due for a physical exam or lab test.

Key:	 Always	 High Risk Only	 Not Applicable
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TOPIC	AGE			
	19–39	40–49	50–64	65+
Periodic Visit				
Annual Well Visit				
Complete or Update – Physical exam, cognitive functioning, medical history, surgical history and family history				
Height and Weight = BMI				
Blood Pressure				
Lab/Tests/Other Exams				
Lipid screening (<i>every 1–5 years beginning at age 35</i>)				
Type 2 diabetes screening if blood pressure is greater than 135/80				
Testicular exam				
Prostate Cancer Screening (<i>ages 55–69</i>) <ul style="list-style-type: none"> • Men considering PSA screening should make a shared decision regarding the screening after discussing the benefits and risks with their physician. • For those men that decide on the screening, the interval for screening should be 2 years or more. A digital rectal exam may be optional. 				
Abdominal Aortic Aneurysm (<i>1x screen between 65–75 years of age if ever smoked</i>)				
Colorectal cancer screening (<i>ages 50–75</i>) <ul style="list-style-type: none"> • Stool Test – FIT or gFOBT (<i>annually</i>) OR • Sigmoidoscopy (<i>every 5 years</i>) OR • Colonoscopy (<i>at age 50 then every 10 years until age 75</i>) OR • Double Contrast Barium Enema (<i>Medicare Advantage only</i>) 				
EKG screening (<i>Medicare Advantage only</i>)				
Glaucoma screening (<i>Medicare Advantage only</i>)				

TOPIC	AGE			
	19–39	40–49	50–64	65+
Immunizations				
Td booster (<i>every 10 years – substitute 1 dose Tdap for Td</i>)				
Influenza vaccine annually				
Pneumococcal vaccine (<i>1 time at 65 years of age or older</i>)				
Zoster vaccine (<i>single dose for those 60 years and older</i>)				
Meningococcal vaccine				
Varicella vaccine				
Hep A vaccine				
Hep B vaccine				
MMR vaccine				
HPV vaccine for all men up to the age of 22 who have not completed the vaccine series (<i>3 doses</i>)				
Counseling/Screening				
Tobacco cessation				
Alcohol/substance abuse				
STD/HIV/sexual behavior				
Hep C Screening (<i>1 time for those born between 1945 and 1965</i>)				
Family planning				
Dental health				
Sun exposure				
Injury prevention (<i>including seat belts, helmet use, falls</i>)				
Depression				
Health care proxy/advance directives				
OTC drugs including vitamins				
Aspirin therapy (<i>ages 55–79</i>)				
Workplace violence				
Domestic violence				
Risk taking behavior				
Stress management				
Exercise				
Nutrition				

This reference was created in accordance with Centers for Disease Control and Prevention (CDC), the Advisory Committee on Immunization Practices (ACIP) the U.S. Preventive Services Task Force (USPSTF) and the American Cancer Society (ACS).

* All New York State medical professionals are required to report to New York State Department of Health persons diagnosed with Tuberculosis, STDS, HIV, HIV related illness and AIDS.