

# Adult Preventive Guidelines Schedule - Discuss these general guidelines with your doctor.



Good health is where you live.

Live your healthiest life.

- Get your Annual Wellness Exam to review your overall health plan and keep follow-up visits with your doctor
- Find out if you are at risk for health conditions such as diabetes
- Get your vaccines, preventive screenings and labs
- Talk with your doctor about the medications and over-the-counter/vitamins you are taking to reduce side effects and interactions
- Get a Flu vaccine every year to prevent illness and related hospitalizations

We're here to help:

**Care Management Team**  
1-352-277-5307 (TTY 711)

**24-Hour Nurse Hotline**  
1-855-238-4687

**www.chooseultimate.com**

Sources: These guidelines are recommendations from the organizations listed below and were not developed by Ultimate Health Plans:  
www.ahrq.gov  
www.cdc.gov

Routine Health Guide	
Physical Exam and Routine Blood Work	Annually
Diet/Physical Activity Counseling	Annually
Dental Exam	Once or twice a year
Eye Exam	Annually
Recommended Diagnostic Checkups and Screenings	
Abdominal Aortic Aneurysm Check	One-time screening for men ages 65 to 75 who have ever smoked
Bone Mineral Density Screening & Prescribed Medication for Osteoporosis	Women 65 or older; and in younger women who have an increased risk
Cholesterol Screening	All Men: Annually; Women at increased risk: Annually
Colorectal Cancer Screening	Ages 50-75; With either a colonoscopy (10 yrs), fecal occult blood test (yr) or sigmoidoscopy (5). <i>Check with your doctor which method is best for you.</i>
Mammogram	Annually, women ages 40+
Pap Test	All women, every 24 months. Those at high risk of cervical cancer or who have had an abnormal pap test and are of child bearing age, every 12 months. Ages 65+: Discuss with your doctor.
HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling	As indicated by history and/or symptoms. Discuss with your doctor behavioral risks
Lung Cancer Screening	Ages 55-80; 30 pack smoker history, current smoker/quit within past 15 years
Prostate Cancer Screening	Perform risk assessment on all men 50 and older, and discuss testing options, risks and benefits. For African American men and men with a family history of prostate cancer, begin risk assessment at age 40.
Skin Cancer Screening	Discuss with your doctor
Guidance	
Fall Risk/Unintentional Injury	Discuss exercise, home safety and vitamin D supplementation with your doctor
Screen/Counseling: Depression, Tobacco, Alcohol, Pregnancy, Substance Abuse and Injury/Domestic Violence Prevention	Every visit, or as indicated by your doctor
Advance Directives	Annually
Immunizations <i>Some immunizations are contraindicated for certain conditions. Talk with your doctor.</i>	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Ages 19+: Tdap vaccine once, then a Td booster every 10 years*
Flu (Influenza)	Annually during flu season
Pneumococcal*: PCV13 and PPSV23	Ages 19-64: if risk factors are present; Ages 65+: 1 dose; Ages 50+:1 dose
Shingles (Zoster)*	Ages 60+: 1 dose (per CDC); Ages 50+:1 dose
Haemophilus Influenza Type b (HIB) Hepatitis A, Hepatitis B, Meningococcal	Ages 19+: if risk factors are present
Infection Screening: Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR), Varicella (Chickenpox) & Hepatitis C (HCV)	Physician recommendation based on past immunization or medical history

\*Ultimate Health Plans pharmacy benefits cover Shingles (Zostavax) and Pneumonia (Pneumovax) vaccine under Preventive Service benefit when services are rendered by an in-network pharmacy which administers these vaccines.

## Counseling and Education

In general, some counseling/education should be carried out at each preventive care visit and at other times based on clinical discretion. This can be provided by the Primary Care Physician (PCP), nurse, or other health professional or educator.

### Nutrition

- Behavioral counseling to promote a healthful diet and physical activity for cardiovascular disease prevention in adults with cardiovascular risk factors
- Energy/caloric balance
- Nutrient balance, supplements
- All females should be counseled to maintain adequate calcium
- Because a woman may not know she is pregnant until later, it is recommended that all women of childbearing age get 0.4 milligrams of folic acid daily
- Weight loss counseling for the obese

### Sexual Practices

- STD prevention
- High intensity behavioral counseling to prevent STD for adults who are at increased risk
- Unintended pregnancy prevention

### Advance Directives

- [Click here](#) to access the Advance Directives form

### Physical Activity

- Counseling for obesity prevention and correction

### Preventive Care Visits

- Dental
- Vision
- Hearing

### Mental Health Awareness

Psychcare: 1-800-627-1259

- Depression/anxiety awareness
- Coping skills/stress reduction

### Skin Cancer

- Counsel adults about minimizing their exposure to UV radiation to decrease risk of skin cancer

### Aspirin

- Discuss the use of aspirin to prevent coronary heart disease with patients who are at risk

### Hormone Replacement Therapy

- Women 45 and older should be counseled regarding hormone replacement therapy

### Osteoporosis

- Counsel women on risk and prevention

