



## Bravo Health Adult Prevention and Screening Guidelines 2009

This chart of suggested services has been adapted from the U.S. Preventive Services Task Force Recommendations, American Diabetes Association, American Academy of Family Physicians and by Bravo Health Clinicians. It is intended to provide guidance to practitioners in selecting appropriate prevention and screening services for Bravo Health members. It contains guidelines only and should never supersede clinical judgment. The practitioner in conjunction with the patient or responsible party should decide whether these or other recommended services should be performed more frequently, less frequently, or not at all. As with all services provided to Bravo Health members, the clinical judgment and the discussion around it should be documented in the medical record.

<b>Physical Exam:</b>	<b>21-49</b>	<b>50-60</b>	<b>61-64</b>	<b>65 and Over</b>
Physical Assessment	Within 30 days of enrollment & yearly	Within 30 days of enrollment & yearly	Within 30 days of enrollment & yearly	Within 30 days of enrollment & yearly
Blood Pressure	Each visit/at least yearly	Each visit/at least yearly	Each visit/at least yearly	Each visit/at least yearly
Height & Weight	Yearly	Yearly	Yearly	Yearly
<b>Screening/Test:</b>	<b>21-49</b>	<b>50-60</b>	<b>61-64</b>	<b>65 and Over</b>
Vision	1-2 years	1-2 years	1-2 years	1-2 years
Hearing	Periodically or according to patient's needs			
Screening for Depression	Periodically or according to patient's needs			
Diabetes Screening	Adults with hypertension or hyperlipidemia. For high risk patients at the discretion of the physician.			
Obesity Screening (BMI)	Initial assessment, then yearly			
Lipid Profile	Initial assessment in males at age 35 and females at age 45, then according to patient's needs.			
Colorectal Cancer Screening One of the following:				
▪ Colonoscopy		Every 10 years	Every 10 years	Every 10 years
▪ Fecal Blood Work		Every Year	Every Year	Every Year
▪ Flexible Sigmoidoscopy		Every 5 years	Every 5 years	Every 5 years
▪ Double-Contrast Barium Enema		Every 5 years	Every 5 years	Every 5 years
STD Screening	High risk patients	High risk patients	High risk patients	High risk patients
HIV Screening	High risk patients	High risk patients	High risk patients	High risk patients
<b>Men Only</b>	<b>21-49</b>	<b>50-60</b>	<b>61-64</b>	<b>65 and Over</b>
Prostate Cancer screening	A digital rectal exam or a prostate-specific antigen (PSA) screening can be done and should be at the discretion of the physician.			
Abdominal Aortic Aneurysm				
▪ Abdominal ultrasonography				Men 65-75 years of age that have ever smoked
<b>Women Only</b>	<b>21-49</b>	<b>50-60</b>	<b>61-64</b>	<b>65 and Over</b>
Rubella Blood Test or Vaccination	Once for women of childbearing age			
Osteoporosis (Bone Mass)				Routine screening beginning at age 65 and after any fracture
Breast Cancer				
▪ Breast Exam	Yearly	Yearly	Yearly	Yearly
▪ Mammography	Recommend baseline between 40-49 and Every 1-2 years after	Every 1-2 Years	Every 1-2 Years	Every 1-2 Years
Human Papillomavirus (HPV)	Three doses total before the age of 26 years old			
Chlamydia Screening	Yearly for sexually active women, 24 years of age and younger	High risk patients	High risk patients	High risk patients
Cervical Cancer (Pelvic Exam and Pap Smear)	Every year for three years. If all three tests are negative, then may be at least every three years unless considered to be high risk. Recommended frequency at the discretion of the physician.			

<b>Immunizations:</b>	<b>21-49</b>	<b>50-60</b>	<b>61-64</b>	<b>65 and Over</b>
Tetanus-Diphtheria Booster	Every 10 Years	Every 10 Years	Every 10 Years	Every 10 Years
Influenza	Yearly	Yearly	Yearly	Yearly
Pneumococcal Vaccine	One dose for adults under 65 who have chronic disorders of cardiovascular or pulmonary systems, diabetes, renal dysfunction, or immunosuppression. One dose for nursing home residents. One dose for adults age 65 and older. One dose revaccination for adults age 65 and older if 5 years or more have past since the last dose.			
PPD	Periodically or according to patient's needs			
Varicella	Two doses to adults that do not show evidence of immunity			
Zoster	A single dose for adults 60 years and older, regardless if they report a prior episode of herpes zoster			
Measles, Mumps, Rubella (MMR)	At least two doses recommended in adults			
Hepatitis A	Single-antigen vaccine given in two dose schedule			
Hepatitis B	Given in three dose schedule, especially recommended to adults in particular health care settings			
Meningococcal	Is preferred for adults 55 years and younger, and a recommended revaccination in 5 years			
<b>Health Guidance</b>	<b>21-49</b>	<b>50-60</b>	<b>61-64</b>	<b>65 and Over</b>
Substance Abuse	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Injury/Fall Prevention	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Birth Control/Safe Sexual Practice	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Diet	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Exercise	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Physical Activity	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Smoking Cessation	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Dental Care	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Vehicle Safety	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Domestic Violence	At least Yearly	At least Yearly	At least Yearly	At least Yearly
Aspirin use for prevention of cardiovascular events	Discuss with adults who are at increased risk for cardiovascular disease and address both the potential benefits and harms. Use is recommended for men age 45-79 and women 55-79.			