# Preventive Screening Guidelines for Healthy Adults*

## Routine Checkups

<table>
<thead>
<tr>
<th>Age Group</th>
<th>18–29 years</th>
<th>30–39 years</th>
<th>40–49 years</th>
<th>50–64 years</th>
<th>65+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Includes personal history, blood pressure, body mass index (BMI), physical exam, preventive screenings, and counseling</td>
<td>Annually for ages 18–21</td>
<td>Every 1–3 years, depending on risk factors**</td>
<td></td>
<td>Annually</td>
<td>Annually</td>
</tr>
</tbody>
</table>

## Cancer Screenings

**Colorectal Cancer**
- Not routine except for patients at high risk**
- Colonoscopy at age 50 and then every 10 years, or annual fecal occult blood test (FOBT), plus sigmoidoscopy every 5 years, or sigmoidoscopy every 5 years, or double-contrast barium enema every 5 years

**Skin Cancer**
- Periodic total skin exams every 3 years at discretion of clinician
- Annual total skin exam at discretion of clinician

**Breast Cancer (Women)**
- Annual clinical breast exam and monthly self-exam
- Annual mammography at discretion of clinician
- Annual mammography
- Annual mammography at discretion of clinician

**Cervical Cancer (Women)**
- Pap test every 1-3 years*** beginning 3 years after first sexual intercourse or by age 21, depending on risk factors**

**Testicular and Prostate Cancer (Men)**
- Clinical testicular exam at each health maintenance visit and monthly self-exam
- Digital rectal exam (DRE) or prostate-specific antigen (PSA) blood test at discretion of clinician
- Annual digital rectal exam (DRE) or prostate-specific antigen (PSA) blood test at discretion of clinician

## Other Recommended Screenings

**Body Mass Index (BMI)**
- At discretion of clinician (can be screened annually for overweight and eating disorders, consult the CDC’s growth and BMI charts)

**Blood Pressure (Hypertension)**
- At every acute/non-acute medical encounter and at least once every 2 years

**Cholesterol**
- Every 5 years or more often at discretion of clinician
- Every 3 years, beginning at age 45 or more often and beginning at a younger age at discretion of clinician

**Diabetes (Type 2)**
- Consider your risk factors, discuss with you clinician. BMD testing for all post-menopausal women who have one or more risk factors for osteoporosis fractures.
- BMD test once, or more often at discretion of clinician

## Infectious Disease Screening

**Sexually Transmitted Infections (Chlamydia, Gonorrhea, Syphilis, and HPV)**
- Annual screenings for sexually active patients under 25, annually for patients age 25 and over if at risk**
- HPV is for age 26 and under, if not previously vaccinated.

## Sensory Screenings

**Eye Exam for Glaucoma**
- At least once; every 3–5 years if at risk**
- Every 2–4 years
- Every 1–2 years

**Hearing and Vision Assessment**
- At discretion of clinician

## Immunizations

**Tetanus, Diphtheria (Td)**
- 3 doses if not previously immunized; booster every 10 years

**Influenza**
- Every year if at high risk**
- Annually

**Pneumococcal**
- If at high risk** and not previously immunized
- Once after age 65, even if previously vaccinated

**Meningococcal (Meningitis)**
- 1 or more doses if not previously immunized, depending on risk factors and other indicators**

**Varicella (Chicken Pox)**
- 2 doses given at or after age 13 if susceptible**

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*Please check subscriber certificate/benefit description for a complete listing of covered tests and procedures. Your plan may not cover every screening test listed.

**Contact your physician to determine if you are at risk.

***Pap test may be performed at three-year intervals only after three consecutive negative results.

The following screening tests and vaccinations are not routinely recommended, but may be appropriate depending on your age and/or risk: HIV test (HIV/AIDS); Hepatitis A, B, and C tests; Glucose (Type II Diabetes) test; Tuberculosis skin test; and Mumps, Measles, Rubella, and Hepatitis A and B vaccines.

The Preventive Screening Guidelines for Healthy Adults are general guidelines for healthy adults with no current symptoms or personal history of medical conditions. People with medical conditions, or those with a family history for certain diseases, should talk with their doctor about the right recommendations for them.

These guidelines were developed by Massachusetts Health Quality Partners (MHQP), a broad-based coalition of health care providers, plans, and purchasers working together to promote improvement in the quality of health care services in Massachusetts. Blue Cross Blue Shield of Massachusetts is a MHQP member.

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