

McLaren Medical Group

ADULT PREVENTIVE HEALTH SCREENS FLOWSHEET

Always check with your provider for additional/customized documentation preferences for Adult Preventive Health.

Service or Screening	Age & Frequency	Date	Date	Date	Date	Date	Date	Date
Health Maintenance Exam (HME), including: BP, Height, Weight & BMI, Counseling & Education	Ages 18-21 years: every year Ages 22-49 years: every 1 to 5 years Ages 50-64 years: every 1 to 2 years Ages 65 years or older: every year							
Women								
Chlamydia Screening	Ages 16-24 years who are considered sexually active (defined as a prescription for birth control and/or self-reported), test annually							
Cervical Cancer Screening	Ages 21-64 years: PAP within the last 3 years, <u>or</u> Ages 30-64 years: PAP with HPV testing within the last 5 years							
Breast Cancer Screening (Mammogram)	Ages 50-74 years: 1 in the last 2 years. Screen younger than 50 years old if at increased risk.							
Osteoporosis Screening	Ages 65 or older, test once using bone measurement testing. Screen at 65 years or younger if at increased risk.							
Men								
PSA	Ages 50 to 69 years with at least a 10-year life expectancy: the provider will utilize shared decision-making with the patient							
Labs								
Lipid Panel	Males ages 35 or older/ Females ages 45 or older: do initial screen and then repeat every 4-6 years if normal. Screen males and females at age 20 or older if risk factors are present.							
CBC/CMP	Done at the provider's discretion based on risk factors. Complete annually for patients taking ACEI's, ARB's, diuretics or Digoxin.							
Colorectal Cancer Screening, at least <u>one</u> of the following:	Ages 50-75 years: colonoscopy (1 in last 10 years), <u>or</u> CT colonography or sigmoidoscopy (1 in last 5 years), <u>or</u> Cologuard (1 in last 3 years) <u>or</u> FOBT/FIT (yearly; in-office does not count)							
Vaccinations <i>The vaccinations listed below are a guide. Always follow the CDC's current Recommended Adult Immunization Schedule by age group. Adults with other risk factors may require additional vaccinations not listed and/or different timelines for vaccinations.</i>								
Influenza	1 dose annually							
Tdap/Td	1 dose Tdap if did not receive previously, then Td booster every 10 years							
Measles, Mumps, Rubella (MMR)	1-2 doses depending on indication (if born in 1957 or later)							
Varicella (VAR)	2 doses if no evidence of immunity							
Zoster	Age 50 years or older: 2 doses recombinant (RZV); Age 60 years or older: 2 doses recombinant (RZV) is preferred <u>or</u> 1 dose (ZVL)							
Human Papillomavirus (HPV)	Males through age 21 years / Females through age 26 years: 2-3 doses depending on age at initial vaccination							
Pneumococcal conjugate (PCV13)	Age 65 years or older: 1 dose							
Pneumococcal polysaccharide (PPSV23)	Age 65 years or older: 1 dose at least 1 year <u>after</u> PCV13							
Hepatitis A (HepA)	For those that want protection from hepatitis A: 2 or 3 doses depending on vaccine							
Hepatitis B (HepB)	For those that want protection from hepatitis B: 2 or 3 doses depending on vaccine							
Meningococcal A, C, W, Y	For special situations: 1 or 2 doses depending on risk, then booster every 5 years if risk remains							
Meningococcal B (MenB)	For special situations: 2 or 3 doses depending on vaccine and indication							
<i>Haemophilus influenzae</i> type b (Hib)	For special situations: 1 or 3 doses depending on indication							

Sources: American Cancer Society. *Recommendations for Prostate Cancer Early Detection*. (April 1, 2016). American Urological Association. (2018). *Prostate Cancer: Early Detection Guidelines*. Centers for Disease Control & Prevention (CDC). (February 19, 2019). *2019 Recommended Adult Immunization Schedule for ages 19 years or older*. Michigan Quality Improvement Consortium (MQIC). (March 2019). *Adult Preventive Services (Ages 18-49)*. Michigan Quality Improvement Consortium (MQIC). (March 2019). *Adult Preventive Services (Ages ≥ 50)*. Michigan Quality Improvement Consortium (MQIC). (August 2017). *Lipid Screening & Management*. National Committee for Quality Assurance (NCQA). (2019). U.S. Preventive Services Task Force (USPSTF). (June 2018). *Osteoporosis to Prevent Fractures: Screening*.