

Preventive Screening Guidelines for Men and Women^{1,2}

For questions about any screening or test you are due for, please contact your primary care physician.

<p>AGE 18-39</p>	<ul style="list-style-type: none"> • Blood pressure every 3 years (yearly if diagnosed with high blood pressure, diabetes, heart failure, cardiovascular disease [CVD], such as heart disease, heart attack, or stroke, or chronic kidney disease [CKD]) • Body mass index (BMI: screening for overweight) every 2 to 5 years <ul style="list-style-type: none"> » If BMI is over 25, check blood sugar (A1c blood test for diabetes) • Lipid (cholesterol) and diabetes screening at least once between ages 18 to 39 • Chlamydia screening every year if sexually active until age 24 (or later if high risk) • Recommended vaccinations: <ul style="list-style-type: none"> » Human papillomavirus vaccine - 2 or 3 doses depending on age at series initiation: <ul style="list-style-type: none"> - through age 26 for women - through age 21 for men » Tetanus, diphtheria, and acellular pertussis (Tdap) - one dose if not previously received, then Td every 10 years » Pneumonia vaccine - consider once between age 18 and 39 depending on indication » Flu vaccine every year 	<p>Additional screenings FOR WOMEN</p> <ul style="list-style-type: none"> • Blood pressure yearly if history of preeclampsia or gestational diabetes • Pap test every 3 to 5 years starting at age 21 (more often if high risk)
<p>AGE 40-49</p>	<ul style="list-style-type: none"> • Blood pressure every 2 years (yearly if diagnosed with high blood pressure, diabetes, CKD, heart failure, CVD, history of high blood pressure, BMI 25 or higher, African American, or a smoker) • BMI (screening for overweight) every 2 to 5 years <ul style="list-style-type: none"> » If BMI is over 25, check blood sugar (A1c blood test for diabetes) • Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated). • Colorectal cancer screening: stool test every year or colonoscopy every 10 years, starting at age 45 • Colonoscopy at age 40 if you have a family history of colon cancer or 10 years before colon cancer was diagnosed in your first-degree relative (parents or siblings) • Recommended vaccinations: <ul style="list-style-type: none"> » Tdap - One dose if not previously received, then Td every 10 years » Pneumonia vaccine - consider once between age 40 and 49 depending on indication » Flu vaccine every year 	<p>Additional screenings FOR WOMEN</p> <ul style="list-style-type: none"> • Blood pressure yearly if history of preeclampsia or gestational diabetes • Pap test every 3 to 5 years (more frequent if high risk) • Talk with your doctor about risks and benefits of getting a mammogram starting at age 40. Tell your doctor if you have a family history of breast cancer.

1. These are general recommendations for all healthy adults. Talk with your physician if you have ongoing health problems, special health needs or risks, or if certain conditions run in your family. He or she may recommend having these screenings or vaccinations more often or having additional screenings or vaccinations.

2. Please refer to your Evidence of Coverage or Membership Agreement for additional information about your preventive benefits. You can also find more details about all the preventive services covered under health care reform at kp.org/prevention.

Continued on back

Preventive Screening Guidelines for Men and Women

<p>AGE 50-64</p>	<ul style="list-style-type: none"> • Blood pressure every 2 years (yearly if diagnosed with high blood pressure, diabetes, CKD, heart failure, CVD, history of high blood pressure, BMI 25 or higher, African American, or a smoker) • BMI screening for overweight every 2 years <ul style="list-style-type: none"> » If BMI is over 25, check blood sugar (A1c blood test for diabetes) • Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated) • Colorectal cancer screening: stool test every year OR colonoscopy every 10 years • Abdominal aortic aneurysm (AAA) screening ultrasound if you have ever smoked and/or have a family history of AAA starting at age 60 • Lung cancer screening after age 55 if at high risk • Recommended vaccinations: <ul style="list-style-type: none"> » Tdap – one dose if not previously received, then Td every 10 years » Zoster vaccine (shingles) – 2-dose series, at 50 years or older » Pneumonia vaccine – consider once between age 50 and 64 depending on indication » Flu vaccine every year 	<p>Additional screenings FOR WOMEN</p> <ul style="list-style-type: none"> • Blood pressure yearly if history of preeclampsia or gestational diabetes • Pap test every 3 to 5 years (more frequent if high risk) • Mammogram every 1-2 years (yearly if high risk) <p>Additional screenings FOR MEN</p> <ul style="list-style-type: none"> • Prostate-specific antigen (PSA) screening as appropriate, based on shared decision-making conversation with physician.
<p>AGE 65+</p>	<ul style="list-style-type: none"> • Blood pressure every 2 years (yearly if diagnosed with high blood pressure, diabetes, CKD, heart failure, CVD, history of high blood pressure, BMI 25 or higher, African American, or a smoker) • BMI (screening for overweight) every 2 to 5 years <ul style="list-style-type: none"> » If BMI is over 25, check blood sugar (A1c blood test for diabetes) until age 70 • Lipid (cholesterol) and diabetes screening every 5 years (more often if elevated) • Colorectal cancer screening: stool test every year OR colonoscopy every 10 years • Abdominal aortic aneurysm (AAA) screening ultrasound if you have ever smoked and/or have a family history of AAA. • Lung cancer screening if high risk • Recommended vaccinations: <ul style="list-style-type: none"> » Tdap – one dose if not previously received, then Td every 10 years » Zoster vaccine (shingles) – 2-dose series, at 50 years or older » Pneumonia vaccine (PCV13) – one dose at age 65 » Pneumonia vaccine (PPSV23) – one dose at age 65 » Flu vaccine every year 	<p>Additional screenings FOR WOMEN</p> <ul style="list-style-type: none"> • Blood pressure yearly if history of preeclampsia or gestational diabetes • Pap test not recommended if long history of normal Pap tests and not high risk • Mammogram every 1-2 years (annually if high risk to age 75) • Osteoporosis test at age 65, unless on treatment <p>Additional screenings FOR MEN</p> <ul style="list-style-type: none"> • Prostate-specific antigen (PSA) screening as appropriate, based on conversation with physician, up to age 69