Partnering For Your Best Health

Health Maintenance Guidelines: Checkups, Screenings, Immunizations

2024

Key

Recommended

These recommendations, based on guidelines set by the United States Preventive Services Task Force,* the American College of Radiology and the Advisory Committee on Immunization Practices, have been identified as having high certainty that the net benefit is moderate to substantial.

Individualized/Patient-Clinician Shared Decisions

Optional items are appropriate for some patients. Discuss with your care team if these items will benefit your health.

These guidelines may vary for patients with personal or family health risks or who take certain medications.

Certain patients who belong to high or special risk groups may have unique or additional recommendations. Consult with your clinician.

New *= Updated or changed guidelines for 2024*

* Annual Breast Cancer Screening, while not a United States Preventive Services Task Force recommendation, is a Sutter Health Best Practice based on the National Comprehensive Cancer Network recommendation.

Sutter Health Plus
Your Health Plan

Birth to Age 17

Checkups

Visits at 1, 2, 4, 6, 9, 12, 15 and 18 months of age. Annual visits from ages 2 to 17, including a visit at age 30 months.

Screening Tests

Blood Pressure: Check annually age 3+.

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 16 to 24 years.

HIV: Age 15 and older; start younger if at risk.

Obesity: Monitor starting at age 6.

Vision: At least once between ages 3 to 5 years.

Immunizations

Two-month series of vaccines can be given as early as 6 weeks.

	Months								Years			
Age	Birth	1	2	4	6	12	15	18	2	4-5	11	16
Hepatitis B	●	●			●							
Haemophilus Influenzae Type B			●	●	●	●						
Polio			●	●	●					●		
Diphtheria, Tetanus and Acellular Pertussis			●	●	●		●			●		
Rotavirus			●	●	●							
Pneumococcal			●	●	●	●						
Tdap or Td											●	
Measles, Mumps and Rubella						●				●		
Varicella (Chickenpox)						●				●		
Hepatitis A						●		●				
Influenza (yearly)					●			●	●	●	●	●
Meningococcal Conjugate											●	●
Human Papillomavirus (HPV)											●	

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC guidelines.

Human Papillomavirus (HPV): Ages 11 to 14 years should receive a two-dose series (can begin as early as age 9) or ages 15 to 26 should receive a three-dose series.

New **Pneumococcal:** For patients under 19 years, either PCV20 or PCV15 can be used to complete vaccination according to currently recommended schedules.

Counseling and Evaluation Topics

Anxiety: Start at age 8.

Depression: Start at age 12.

Domestic Violence: Start at age 12.

Sexually Transmitted Infections: Start at age 11.

Skin Cancer: Start at age 6.

Tobacco Use, Including Vaping Electronic Cigarettes: Start at age 11.

Individualized/Patient-Clinician Shared Decisions

Meningococcal B Vaccine: Ages 16 to 23.

Ages 18 to 39

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Blood Pressure: Check every three to five years (annual if risk factors).

Diabetes: Screen depending on risk factors.

Hepatitis C: Check once between ages 18 to 79.

HIV: Check between ages 15 to 65.

Obesity: Monitor periodically throughout adulthood.

Immunizations

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC guidelines.

Hepatitis B: All adults ages 19 to 59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of Hepatitis B vaccine depending on vaccine or condition.

HPV (Human Papillomavirus): Ages 15 to 26 should receive a three-dose series.

Influenza (Flu): Yearly flu vaccine.

MMR (Measles, Mumps and Rubella): Adults ages 19 to 39 should have recorded in their chart at least one dose of the vaccine.

Pneumococcal: For patients with certain underlying medical conditions, complete vaccine series with Pneumococcal-20 only or Pneumococcal-15 and Pneumococcal-23.

Shingles: All adults age 50 and older and ages 19 to 49 with immunocompromising conditions should receive a two-dose vaccine series.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Varicella (Chickenpox): A vaccine for adults born in 1980 or later.

Women's Health

Cervical Cancer Screening Options: Pap test every three years starting at age 21. Women 30 and older have the option for high risk HPV testing with or without a Pap test every five years.

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 16 to 24 years.

Counseling and Evaluation Topics

Alcohol Use

New **Anxiety:** Check through age 64.

Depression

Domestic Violence

Sexually Transmitted Infections

Skin Cancer

Tobacco Use, Including Vaping Electronic Cigarettes

Unhealthy Drug Use

Individualized/Patient-Clinician Shared Decisions

HPV Vaccine: Ages 27 to 45.

Meningococcal B Vaccine: Ages 16 to 23.

Ages 40 to 49

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Blood Pressure: Check annually.

Cholesterol: Check every five years.

Colon Cancer: Preferred Screening Options – Starting at age 45, a colonoscopy every 10 years, a stool fecal immunochemical test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Diabetes: Screen depending on risk factors.

Hepatitis C: Check once between ages 18 to 79.

HIV: Check between ages 15 to 65.

Obesity: Monitor periodically throughout adulthood.

Immunizations

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC guidelines.

Hepatitis B: All adults ages 19 to 59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of Hepatitis B vaccine depending on vaccine or condition.

Influenza (Flu): Yearly flu vaccine.

MMR (Measles, Mumps and Rubella): Adults ages 40 to 49 should have recorded in their chart at least one dose of the vaccine.

Pneumococcal: For patients with certain underlying medical conditions, complete vaccine series with Pneumococcal-20 only or Pneumococcal-15 and Pneumococcal-23.

Shingles: All adults age 50 and older and ages 19 to 49 with immunocompromising conditions should receive a two-dose vaccine series.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Women's Health

New **Breast Cancer:** Mammography annually.

Cervical Cancer Screening Options: Pap test every three years or high risk HPV with or without a Pap test every five years.

Counseling and Evaluation Topics

Alcohol Use

New **Anxiety:** Check through age 64.

Depression

Domestic Violence

Sexually Transmitted Infections

Skin Cancer

Tobacco Use, Including Vaping Electronic Cigarettes

Unhealthy Drug Use

Individualized/Patient-Clinician Shared Decisions

HPV Vaccine: Ages 27 to 45.

Ages 50 to 74

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Blood Pressure: Check annually.

Cholesterol: Check every five years.

Colon Cancer: Preferred Screening Options – A colonoscopy every 10 years, a stool fecal immunochemical test (FIT) every year or a sigmoidoscopy every 10 years with annual FIT testing. Other Options – A CT colonography every five years or a FIT/DNA test every three years.

Diabetes: Screen depending on risk factors.

Hepatitis C: Check once between ages 18 to 79.

HIV: Check between ages 15 to 65.

Lung Cancer: Screen annually for adults ages 50 to 80 who have a 20 pack-year smoking history AND currently smoke or have quit in the last 15 years.

Obesity: Monitor periodically throughout adulthood.

Immunizations

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC guidelines.

Hepatitis B: All adults ages 19 to 59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of Hepatitis B vaccine depending on vaccine or condition.

Influenza (Flu): Yearly flu vaccine.

MMR (Measles, Mumps and Rubella): Adults ages 50 to 59 should have recorded in their chart at least one dose of the vaccine.

Pneumococcal: For age 65 or ages 50 to 64 with certain underlying medical conditions, complete vaccine series with Pneumococcal-20 only or Pneumococcal-15 and Pneumococcal-23.

Shingles: All adults age 50 and older should receive a two-dose vaccine series.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Tdap or Td booster every 10 years.

Women's Health

Bone Density: Check starting at age 65.

New **Breast Cancer:** Mammography annually.

Cervical Cancer Screening Options: Pap test every three years or high risk HPV with or without a Pap test every five years until age 65.

Counseling and Evaluation Topics

Alcohol Use

New **Anxiety:** Check through age 64.

Depression

Domestic Violence

Preventing Falls: Start at age 65.

Sexually Transmitted Infections

Skin Cancer

Tobacco Use, Including Vaping Electronic Cigarettes

Unhealthy Drug Use

Individualized/Patient-Clinician Shared Decisions

Abdominal Aortic Aneurysm Screening: Men ages 65 to 75.

Prostate Cancer Screening: Ages 55 to 69.

New **Respiratory Syncytial Virus (RSV):** Adults 60 years of age and older may receive a single dose of RSV vaccine.

Age 75 and Older

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Blood Pressure: Check annually.

Hepatitis C: Check once between ages 18 to 79.

Lung Cancer: Screen annually for adults ages 50 to 80 who have a 20 pack-year smoking history *and* currently smoke or have quit in the last 15 years.

Obesity: Monitor periodically throughout adulthood.

Immunizations

COVID: All eligible ages should receive the recommended vaccine dose and schedule per CDC guidelines.

Hepatitis B: All adults ages 19 to 59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of Hepatitis B vaccine depending on vaccine or condition.

Influenza (Flu): Yearly flu vaccine.

Pneumococcal: Complete vaccine series with Pneumococcal-20 only or Pneumococcal-15 and Pneumococcal-23.

Shingles: All adults age 50 and older should receive a two-dose vaccine series.

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria): Tdap or Td booster every 10 years.

Counseling and Evaluation Topics

Alcohol Use

Depression

Domestic Violence

Preventing Falls: Start at age 65.

Sexually Transmitted Infections

Skin Cancer

Tobacco Use, Including Vaping Electronic Cigarettes

Unhealthy Drug Use

Individualized/Patient-Clinician Shared Decisions

Abdominal Aortic Aneurysm Screening: Men ages 65 to 75.

Breast Cancer Screening: Age 74+.

Colon Cancer Screening: Ages 76 to 85.

New **Respiratory Syncytial Virus (RSV):** Adults 60 years of age and older may receive a single dose of RSV vaccine.

Health & Well-being Guidelines

Keep Preventive Care Up to Date

Work with your care team to learn what screening tests and immunizations are right for you and when they are due. Then, complete them on time.

Know Your Body

Stay in tune with your body and be aware of changes. If you feel different or notice changes that are persistent or concerning, contact your care team.

Maintain a Healthy Weight and Diet

Learn about steps you can take to achieve and maintain a healthy body weight. Eat foods high in calcium and fiber and low in saturated fat and trans fatty acids. That means plenty of fruit and vegetables! Talk to your care team before taking supplements. If you need further assistance, ask your care team.

Avoid Tobacco and E-Cigarettes

Avoid using all tobacco products, electronic cigarettes and inhaling others' tobacco smoke. If you need support quitting, ask your care team for guidance.

Get Up and Move

Sitting is the new smoking. Get your heart rate up by being active — whether it is household chores like vacuuming or a regular run. Make it a goal to enjoy 30 minutes of exercise each day.

Protect Your Teeth

Professional dental care is important to oral health, especially for children and adolescents. Routine dental care can improve a child's oral health, general health and well-being, and school readiness. Check with your doctor or dentist about recommended checkups.

Play It Safe

- Wear sunblock to protect your skin from harmful rays from the sun.
- Wear a helmet, regardless of your age, for biking, skiing and any other physical activities that may cause head injuries.
- Fasten your seatbelt and use the proper car seat for your child's age and weight.
- Don't drive if you have been drinking alcohol or are under the influence of drugs, including prescribed pain medication.
- Don't text or operate a phone while driving.
- Practice safe sex using condoms.
- Safety proof your home to prevent falls, poisoning and accidents involving firearms and fire.

Create Balance and Care for Your Well-Being

Talk to your care team about your well-being. Reduce stress and make the most of each day! Find your balance in life between priorities such as work, home and fun. Help is available for depression, mood changes, or alcohol or drug abuse.

Domestic Violence

If you feel you are in a harmful or abusive relationship, **talk to your care team.**

Make Your Wishes Known

Talk to your care team about completing an Advance Health Care Directive and/or a Physician Orders for Life-Sustaining Treatment (POLST) form. These documents share your medical wishes with your family and caregivers in case you are unable to do so.

Partnering for Your Best Health

Staying healthy and avoiding illness is easier when you have a team of healthcare professionals by your side. With Sutter Health Plus, you have access to a complete care team of physicians, physician assistants, nurse practitioners, nurses and medical assistants who can provide preventive healthcare services. You can receive screening tests and health education resources to help you feel your best from head to toe.

We want to provide you with the information you need to stay healthy and make informed decisions about your health. This guide shares what screenings and immunizations you and your family members need at any given age. What you need may vary based on medications you take, as well as personal and family health history.

This is not only a guide, but a conversation starter for you and your care team. We encourage you to work with your care team to come up with a wellness plan just for you. Our goal is to make healthcare personal because we believe healthcare is not about the symptoms — it's about you.

Here's where you come in. There are simple ways you can help keep your body and mind healthy. How many are you doing already? How can your care team support you in reaching your health goals?

Using Your Sutter Health Plus Benefits

Sutter Health Plus covers the following categories of preventive services at no cost share:

- Services that have a rating of A or B in the current recommendations of the U.S. Preventive Services Task Force (USPSTF)
- Immunizations for routine use in children, adolescents and adults as recommended by the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC)
- Preventive care and screenings included in the guidelines supported by the Health Resources Services Administration (HRSA)

The preventive services guidelines provided in this document are based primarily on the recommendations of the USPSTF, the CDC and the HRSA, but may vary. Check your Sutter Health Plus Evidence of Coverage (EOC) for complete benefit and coverage information.

Defining the Keys to Your Health

Screenings: Medical tests to check for diseases before there are signs or symptoms. Screenings help find diseases early, when they may be easier to treat.

Immunization: Protection from infectious diseases through a vaccine — usually in the form of an injection.

HIV Screening: A blood test to detect human immunodeficiency virus (HIV) — a treatable infectious disease.

Bone Density Screening: A low-dose X-ray to evaluate your risk for bone fractures.

Body Mass Index (BMI): A measure of overall health based on your height and weight that helps to determine if you are overweight and at risk for certain diseases.

Chlamydia/Gonorrhea Screening: A urine test to determine if women have chlamydia or gonorrhea. Both are curable sexually transmitted infections (STIs).

Cholesterol Test: A test to check for fats and cholesterol in the blood.

HPV: Human papillomavirus can cause certain cancers and diseases in both males and females.

Mammogram Screening: A low-dose X-ray to screen for breast cancer.

Pap Test Screening: An internal pelvic test specifically to screen for cervical cancer among women. This is not a test for uterine or ovarian cancer.

Screening Tests for Colon Cancer

- **Colonoscopy Screening:** An internal inspection of the entire colon to screen for colon cancer.
- **Sigmoidoscopy Screening:** An internal inspection of the lower colon to screen for colon cancer.
- **Fecal Occult Blood Screening:** A test for blood in the stool, which may be a sign of colon cancer.
- **CT Colonography:** A special X-ray to examine the entire colon for cancer.

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