Preventive care guidelines

These screenings and vaccinations are routinely recommended. They're must haves to keep you healthy and are based on recommendations from the Institute for Clinical Systems Improvement (ICSI), the U.S. Centers for Disease Control (CDC) and the U.S. Preventive Services Task Force (USPFTF). These guidelines are for people who don't have symptoms or specific risk factors. Talk to your doctor about the specific care you need based on your personal and family history.

Child Preventive Services

Vaccine	Birth	1 m	2 m	4 m	6 m	12 m	15 m	18 m	24 m	3 yrs	4-6 yrs	7-10 yrs	11-12 yrs	15-18 yrs
DTap			♦	♦	♦		♦				♦		Tdap	verify Tdap complete
Hepatitis A						♦		♦						
Hepatitis B	♦	♦					♦							
Haemophilus Influenzae type b (Hib)			♦	♦	♦		♦							
Human Papillomavirus (HPV-females)													♦ 3-dose series	verify HPV complete
Influenza (flu)	♦ yearly													
MMR (MMRV)	Combined measles, mumps, rubella and varicella vaccine (MMRV) is preferred for children 12 months through 12 years of age instead of Individual vaccines.					♦					♦			
Varicella (chickenpox)						♦					♦			
Meningococcal													♦	verify Meningococcal complete
Pneumococcal (PCV)			♦	♦	♦		♦							
Polio Virus (IPV)			♦	♦			♦				♦			
Rotavirus			♦	♦	♦									
Screening	0-2 yrs									3 yrs	4-6 yrs	7-10 yrs	11-12 yrs	15-18 yrs
Chlamydia screening														Yearly for all sexually active women age 25 years and younger
Weight screening											♦ Record height, weight, body mass index (BMI) and BMI percentile yearly.			

Adult Preventive Services

Services	19-39 yrs	40-65 yrs	Over 65 yrs
Blood pressure screening	Blood pressure (BP) every 2 years if less than 120/80; every year if 120-139/80-89.		
Breast cancer screening (Mammogram)	Mammogram every 1-2 years for women age 50-75 years. For women under age 50, talk to your doctor.		
Cervical cancer screening (Pap test)	Beginning at age 21, every 2 years until age 30. Then, every 3 years (after 3 consecutive normal Pap tests).	Every 3 years (after 3 consecutive normal Pap tests).	Women 65 years and older with a new sexual partner should resume routine screenings.
Chlamydia screening	Yearly for sexually active women age 25 and younger. For women older than 25 with a new sexual partner, talk to your doctor.		
Cholesterol (Lipid) **screening**	Fasting lipid screening for men over age 34 and women over age 44 every 5 years.		
Colorectal cancer screening		Start screening at age 50. If you are African American, American Indian or Alaska Native, start at age 45. Repeat screening at intervals determined by type of screening test used.	
Influenza (Flu)	Get a flu shot every year during flu season to lower your risk of getting the flu.		
Pneumococcal immunization	Immunize high-risk groups once. Those at risk of losing immunity should be re-immunized once after 5 years.		Immunize at age 65. If immunization before age 65, or you are at high risk, talk to your doctor.
Alcohol and/or tobacco use screening	Talk to your doctor about your drinking habits and/or tobacco use, secondhand smoke exposure and ongoing smoking cessation.		
Weight screening	Record height, weight and body mass index (BMI) yearly.		

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