

PREVENTIVE CARE FOR AGES 19 to 39 YEARS

Preventive Services for Adults

Schedule of Visits: There is none prescribed for this age group. The Preventive Health Guidelines define a minimum schedule for healthy low-risk individuals. High-risk populations may benefit from more frequent screening, risk assessments and counseling.

Screening	Risk Assessment & Counseling	Immunizations
<ul style="list-style-type: none"> ◆ Every Visit <ul style="list-style-type: none"> ✓ Physical exam ✓ Height, Weight, BMI¹⁵ ◆ Additional <ul style="list-style-type: none"> ✓ PPD <i>If at risk²</i> ✓ Cholesterol test¹⁹ ✓ STD Screening <i>Based on Risk¹⁷</i> ✓ Hepatitis C <i>Based on Risk³</i> ✓ Diabetes Screening <i>Based on risk²⁰</i> ◆ Females <ul style="list-style-type: none"> ✓ Pelvic Exam ✓ Pap Smear ✓ Clinical breast exam and self exam instruction ◆ Depression 	<ul style="list-style-type: none"> ◆ Nutrition <ul style="list-style-type: none"> ✓ Limit dietary fat ✓ Folate supplement ✓ Calcium ◆ Injury Prevention⁴ <ul style="list-style-type: none"> ✓ Seat belt use ✓ Helmet use on cycles ✓ Firearms ◆ Dental and Periodontal Disease ◆ Substance Use/Abuse <ul style="list-style-type: none"> ✓ Tobacco, alcohol, drugs ✓ Driving under the influence ◆ Domestic Violence/Partner Abuse ◆ Sexuality, Safe Sex Practices ◆ Preconception Counseling, Family Planning 	<ul style="list-style-type: none"> ◆ All Adults <ul style="list-style-type: none"> ✓ Hepatitis B <i>3-dose series if at high risk⁵</i> ✓ Td Booster <i>Every 10 years</i> ✓ MMR <i>For adults born during or after 1957 who lack proof of immunity or vaccination⁹</i> ✓ Varicella vaccine - <i>If no evidence of immunity¹⁰</i> ◆ High Risk Adults <ul style="list-style-type: none"> ✓ Rubella <i>For women of childbearing who lack proof of immunity</i> ✓ Hepatitis A²¹ ✓ Influenza vaccine <i>Annually¹²</i> ✓ Pneumococcal vaccine <i>If not previously immunized¹¹</i> ✓ Meningococcal vaccine <i>Based on Risk¹⁴</i>