Preventive Services for Adults

These guidelines are minimal requirements for healthy adults with no known medical problems. It should be realized that adults in "high risk" categories or with specific medical problems may require more frequent physicals and evaluations. Ask your doctor about what screenings and exams are right for you and when you need them.

To learn about what immunizations you might need, in addition to your yearly flu shot, please visit the [Immunization Schedule and Preventive Care](#) webpage.

Screenings *(Click on each screening for more information)*

Well-person Exam

Description: Talk to your doctor about physical, mental and lifestyle issues to promote a healthy life.

Age and Gender that needs this screening: Every year for both men and women ages 18 and older.

Blood Pressure

Description: Know your numbers- Keep your blood pressure under control.

Age and Gender that needs this screening: Every year for both men and women ages 18 and older.

Body Mass Index (BMI)

Description: Stay at a healthy weight. Find out your BMI.

Age and Gender that needs this screening: Every year for both men and women ages 18 and older

Abdominal Aortic Aneurysm Screening

Description: One time screening by ultrasound for men with a history of smoking.

Age and Gender that needs this screening: Men at increased risk ages 65 and older.

Aspirin Use for Prevention of Heart Disease

Description: When the potential harm of gastrointestinal hemorrhage is outweighed by a potential benefit of reduction in heart attacks or strokes.

Age and Gender that needs this screening: Men ages 45 and older. Women ages 55 and older.

0215.QI.M.FL 2/15

1-877-647-4848 l TTY/TDD: 1-800-743-3333 l mhsindiana.com
Allwell from MHS l Ambetter from MHS l Healthy Indiana Plan (HIP) l Hoosier Care Connect l Hoosier Healthwise

Breast Cancer Screening

Description: Universal screening at age 50; age 40 talk with your doctor.

Age and Gender that needs this screening: Women ages 40-49 at increased risk. All women ages 50-74.

Cervical Cancer Screening

Age and Gender that needs this screening:

Women ages 21-65: PAP test every 3 years

Women ages 30-65: Every 5 years if you have both a Pap test and an HPV test

Chlamydia Screening

Age and Gender that needs this screening: Sexually active women ages 16- 24 at least annually. Women age 25 and older at increased risk.

Cholesterol Screening

Age and Gender that needs this screening: Men ages 20-35 & women over age 20 who are at increased risk for heart disease. All men age 35 and older.

Colorectal Cancer Screening

Description:

- Fecal Occult Blood Test (FOBT) Annually –OR--
- Sigmoidoscopy every 5 years, with high-sensitivity FOBT every 3 years –OR--
- Screening colonoscopy every 10 years

Age and Gender that needs this screening: Both men and women age 50 and older.

Depression Screening

Description: Discuss life stress with your doctor. Getting help is the best thing you can do.

Age and Gender that needs this screening: Both men and women ages 18 and older.

Dental Care

Description: Take care of your teeth and gums. Get a routine dental visit at least once a year.

Age and Gender that needs this screening: Both men and women ages 18 and older.

Diabetes (Type 2) Screening

Description: You can do a lot to prevent or delay getting Type II Diabetes.

Age and Gender that needs this screening: Every year for both men and women ages 18 and older.

Hepatitis C Screening

Age and Gender that needs this screening: Both men and women at risk for infection and all adults born between 1945 and 1965.

HIV Screening

Age and Gender that needs this screening: Both men and women ages 18-64. Both men and women age 65 and older at increased risk.

Osteoporosis Screening

Description: Keep your bones strong. People at increased risk need bone density testing.

Age and Gender that needs this screening: Women ages 50-64 at increased risk. All women age 65 and older.

References: US Preventive Services Task Force. JNC Express: Prevention, Detection Evaluation and Treatment of High Blood Pressure. National Heart,Lung, and Blood Institute. cdc.gov/std/chlamydia