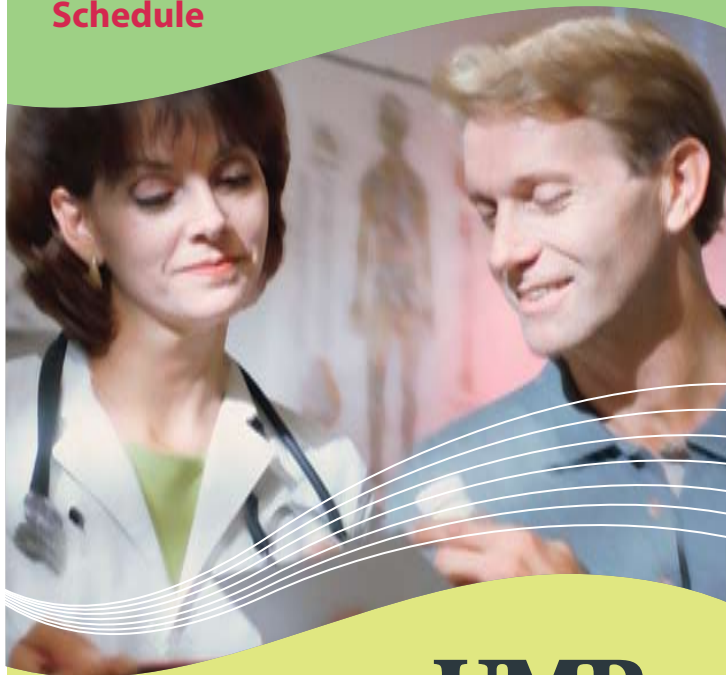


Adult Screening Guidelines & Immunization Schedule



UMRSM

Adult

General Immunization Schedule

Look inside for
Screening Guidelines

Vaccine	When to Get	Date Received
Tetanus/Diphtheria (Td) or Tetanus/Diphtheria/Pertussis (Tdap)	Booster every 10 years or after tetanus exposure; a single dose of Tdap is recommended in place of a Td booster in adults 19-64	
Influenza (flu)	Yearly beginning at age 50; adults who want to reduce the risk of influenza; adults with long-term health conditions such as heart, lung or kidney disease	
Pneumococcal (pneumonia) Vaccine	Once at age 65 or as advised by your doctor	
Zoster (shingles)	Adults 60 years or older, regardless of prior episode of Zoster (one dose)	
Varicella (chicken pox)	Adults who have never been immunized, never had chicken pox and have no measurable antibodies (2 doses, 4-6 weeks apart)	
Human Papillomavirus (HPV) <i>For women age 26 or younger, who have not completed the vaccine series.</i> <i>NOTE: Not to be given during pregnancy.</i>	Three doses total: 2nd and 3rd doses two and six months after 1st dose	
Other:		

Where to get more information:

Additional information about the vaccines listed above, additional vaccines for high-risk individuals, and contraindications for immunization is available at

<http://www.cdc.gov/nip> or
800.232.4636 (English and Spanish).

Sources: Screening Guidelines and

Immunization Schedule: U.S. Preventive Services Task Force (USPSTF), the American Cancer Society, the National Institute on Health, National Cholesterol Education Program (NCEP) and the American Diabetes Association.

General Immunization Schedule:

Additional information about the vaccines listed above, additional vaccines for high-risk individuals, and contraindications for immunization is available at

<http://www.cdc.gov/nip> or
800.232.4636 (English and Spanish).

Men

General Screening Guidelines

	Age 18-39	Age 40-64	Age 65+
Blood Pressure	Every office visit; at least every 2 years	Every office visit; at least every 2 years	Every office visit; at least every 2 years
Digital Rectal Exam (DRE) and Prostate Specific Antigen (PSA)		Talk to your doctor annually beginning at age 50 about the risks and benefits of prostate cancer screening	Talk to your doctor annually about the risks and benefits of prostate cancer screening
Cholesterol Test (Lipid profile—total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides)	Beginning at age 20, screening every 5 years	Every 5 years if previous test was normal	Every 5 years if previous test was normal
Diabetes Test (Blood sugar level check)	Begin before age 45 if overweight (BMI > 25) and additional risk factors*	Begin at age 45— repeat every 3 years	Every 3 years
Stool for Occult Blood (Check for hidden bleeding related to colon or rectal cancer)		Annually beginning at age 50	Annually
Colonoscopy (Or alternative colorectal cancer screening test)		Every 10 years beginning at age 50	Every 10 years

Women

General Screening Guidelines

	Age 18-39	Age 40-64	Age 65+
Blood Pressure	Every office visit; at least every 2 years	Every office visit; at least every 2 years	Every office visit; at least every 2 years
Mammogram		Annually	Annually
Clinical Breast Exam (By provider)	Every 3 years	Annually	Annually
Pelvic Exam/ Pap Smear	Begin no later than age 21— at least every 1-3 years for sexually active women who have a cervix	At least every 3 years for sexually active women who have a cervix	At least every 3 years for sexually active women who have a cervix
Cholesterol Test (Lipid profile—total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides)	Beginning at age 20, screening every 5 years	Every 5 years if previous test was normal	Every 5 years if previous test was normal
Diabetes Test (Blood sugar level check)	Begin before age 45 if overweight (BMI > 25) and additional risk factors*	Begin at age 45— repeat every 3 years	Every 3 years
Stool for Occult Blood (Check for hidden bleeding related to colon or rectal cancer)		Annually beginning at age 50	Annually
Colonoscopy (Or alternative colorectal cancer screening test)		Every 10 years beginning at age 50	Every 10 years

Talk with your health care provider about which screening tests are right for you.



Name:

Date of Birth:

© 2010 UnitedHealthcare Services, Inc. UM0206 0110
No part of this document may be reproduced without permission.
The information provided in this document is for general educational purposes only. It is not intended as medical advice and cannot replace or substitute for individualized medical care and advice from a personal physician. Individuals should always consult with their physicians regarding any health questions or concerns.