

## General Screening Guidelines

Heart disease and cancer are the two leading causes of death in the United States, and the risks of developing a significant health condition rise significantly with age.

Your family health history can also make you predisposed to certain diseases. So it's important to understand your risk factors and receive appropriate screenings to head off potential problems when they are most treatable. Early detection could save your life.

Recommended tests are based on your age, gender and overall risk factors. The guidelines here are a general reference only. Always discuss your particular health care needs with your physician.

## Immunization Guidelines

Vaccinations work to help your body learn to fight off disease and build immunity to future exposure.

Traditional vaccines mimic a natural infection by introducing dead or weakened versions of the germs that trigger a specific illness. Your immune system can clear these germs from your body, without experiencing common symptoms and complications, and it will "remember" how to protect your body from germs it has encountered before.

For additional information on immunizations, visit [cdc.gov/vaccines](http://cdc.gov/vaccines).

### Sources:

Recommended Adult Immunization Schedule 2011, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

The Guide to Clinical Preventive Services 2010-2011, Recommendations of the U.S. Preventive Services Task Force; U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

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## Adult Health Screenings and Immunizations

**UMR**<sup>TM</sup>

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## Women

### Age Groups

Tests	18-39	40-49	50-64	65+
<b>Mammogram*</b>		Discuss with your doctor or nurse	Every two years through age 74; talk to your health care provider about need for screening after age 74	
<b>Cervical Cancer</b> (Pelvic Exam/Pap Smear)	At least every three years after age 21 or if you have been sexually active for three years	At least every three years		Ask your health care provider if you need testing
<b>Bone Mineral Density</b> (osteoporosis)			Ask your health care provider if you are at risk for osteoporosis	Receive test after age 65; talk to your health care provider about repeat testing
<b>Blood Pressure</b>	At least every two years; or annually if your blood pressure is higher than 120/80			
<b>Cholesterol</b>	Regular screenings starting at age 20 until 45 if at increased risk for heart disease	Regular screenings after age 45; ask your health care provider for recommended frequency		
<b>Obesity/BMI</b>	Regular screenings; a BMI between 25 and 29.9 is considered overweight, and a BMI of 30 and above is considered obese			
<b>Diabetes</b> (fasting plasma glucose test recommended)	Regular screening if your blood pressure is higher than 135/80 or you take medication for high blood pressure			
<b>Colorectal Cancer</b>		Fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 50 and continuing until age 75		

\* The U.S. Preventive Services Task Force (USPSTF) concludes that the current evidence is insufficient to assess the additional benefits and harms of clinical breast examination (CBE) beyond screening mammography in women age 40 and older.

## Immunizations

### Age Groups

Tests	19-26	27-49	50-59	60-64	65+
<b>Tetanus/Diphtheria</b> (Td/Tdap)	One-time does of Tdap, then Td booster every 10 years				Td booster every 10 years
<b>Influenza</b> (flu)	One dose annually				
<b>Pneumococcal Vaccine</b> (pneumonia)	One or two doses recommended if risk factor present, based on medical, occupational or lifestyle indications				One dose
<b>Zoster</b> (shingles)					One dose
<b>Varicella</b> (chicken pox)	Two doses for those who have never had chicken pox or who lack evidence of immunity				
<b>Human Papillomavirus</b> (HPV)	Three doses for those who lack evidence of immunity*				
<b>MMR</b> (Measles, Mumps, Rubella)	One or two doses for those who lack evidence of immunity	One dose			

\* Not to be given during pregnancy

## Men

### Age Groups

Tests	18-39	40-49	50-64	65+
<b>Blood Pressure</b>	At least every two years; or annually if your blood pressure is higher than 120/80			
<b>Cholesterol</b>	Regular screenings starting at age 20 until 35 if at increased risk for heart disease	Regular screenings after age 35; ask your health care provider for recommended frequency		
<b>Obesity/BMI</b>	Regular screenings; a BMI between 25 and 29.9 is considered overweight, and a BMI of 30 and above is considered obese			
<b>Diabetes</b> (fasting plasma glucose test recommended)	Regular screening if your blood pressure is higher than 135/80 or you take medication for high blood pressure			
<b>Colorectal Cancer</b>		Fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 50 and continuing until age 75		
<b>Prostate Cancer</b>		Talk to your doctor about the risks and benefits of screening*		

\* The U.S. Preventive Services Task Force (USPSTF) concludes that the current evidence is insufficient to assess the balance of benefits and harms of prostate cancer screening in men younger than age 75. Given the uncertainties and controversy surrounding prostate cancer screening in men younger than 75, a clinician should not order the PSA test without first discussing with the patient.