GOOD HEALTH GUIDELINES FOR ADULTS

	Checkups and Tests	18 - 39 years	40 - 49 years	50 - 64 years	Over 65 years
Adult Women and Men	Health history and exam, blood pressure, weight, height	Done within the first 120 days of joining a health plan and from time to time per your doctor's advice.			
	Lipid (Cholesterol) Screen	Done for men every 5 years after age 35.			
			Done for women every 5 years after age 45.		
	Blood Sugar (Diabetes) Screen	Test is based on risk up to age 45; screen at age 45 and then every 3 years.			
	HIV Screen	Done for all people at risk.			
	Stool Test (Fecal Occult Blood) for Colon Cancer			May be done yearly starting at age 50.	
	Colon Cancer Screen ✓ Lower Colon (Sigmoidoscopy) ✓ Whole Colon (Colonoscopy)			Done per doctor's advice: ✓ Lower colon every 5 years. ✓ Whole colon every 10 years.	
	Skin Cancer Screen	Done every 3 years.	Done yearly after age 40.		
	Skin test for TB (Tuberculosis)	Baseline test is for people at risk; repeat as needed.			
	Vision and Hearing Screen	Vision check is yearly after age 65 and at any age for people with chronic disease. Hearing test: per doctor's advice.			
	Talk about:	Safety, drinking, drugs, diet, active lifestyle, sex, family planning, quitting smoking and dental health.			
Vaccines	DTP (Diphtheria-Tetanus-Pertussis)	Given every 10 years.			
	Pneumococcal	Given to people at risk.			Given once.
	Flu	Given to people at risk.		Given every year.	
	Hepatitis A	Given to people at risk.			
	Hepatitis B	Given to people with no prior disease.			
	HPV	Given one time up to 26 years of age (3 doses).			
	MMR booster for rubella	Given to women who may become pregnant - one dose.			
	Chicken Pox (Varicella)	Given to healthy adults who did not have Chicken Pox or prior vaccine.			
Women	Self-breast exam	Should be done monthly at all ages.			
	Breast Exam by Doctor	Done every 1 - 3 years.	Done every year.		
	Picture of breast tissue (Mammogram)		Done every 1 - 2 years.		
	Pelvic Exam and Pap Screen	Done every 1 - 3 years starting at age 18; doctor may decide to do less often after 3 normal exams.			
	Sexually Transmitted Diseases STD (Chlamydia) Screen	Done every year for women who have sex and are under 26 years; retest after treatment at any age.			
	Before and while pregnant: ✓ Folic Acid ✓ Rubella Screen ✓ Talk about	✓ Given one month prior to getting pregnant and for first 3 months after getting pregnant. ✓ Check for risk. ✓ Breastfeeding.			
	Exams after menstrual cycle ends (Postmenopausal Exams)			✓ Discuss need for hormones. ✓ Discuss need for bone scan. ✓ Go in for all regular exams.	
	Talk about	Calcium intake			
Men	Self-Testicular Exam	Should be done monthly.			
	Rectal Exam and Prostate Specific Antigen (PSA) test			✓ Doctor should discuss with all men over 50.	
			✓ Doctor should discuss with African American men by age 45.		

Please discuss these Good Health Guidelines with your doctor.

These guidelines are based on recommendations from: U.S. Preventive Services Task Force, the American Academy of Family Physicians, the American College of Obstetricians and Gynecologists, the American Cancer Society and the Centers for Disease Control and Prevention.

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GOOD HEALTH GUIDELINES FOR CHILDREN AND TEENS

Age	Checkups and Tests	Vaccines Given
Birth	Doctor will take a history and do an exam and PKU test in hospital.	Hepatitis B #1
2-3 day newborn	Doctor will do an exam in doctor's office.	
1 month	Doctor will take a history, do an exam and PKU test (if not done at birth).	
2 months	Doctor will take a history, do an exam and give vaccines.	DTaP #1 (diphtheria/tetanus/pertussis) PCV #1 (pneumococcal) Hib #1 Hepatitis B #2 Polio #1
4 months	Doctor will take a history, do an exam and give vaccines.	DTaP #2 PCV #2 Hib #2 Polio #2
6 months	Doctor will take a history, do an exam and give vaccines.	DTaP #3 PCV #3 Hib #3 Polio #3 (6 - 18 months) Hepatitis B #3 (6 - 18 months) Flu vaccine (Oct. - March)
9 months	Doctor will take a history, do an exam and order blood work if needed.	Flu vaccine (Oct. - March)
12 months	Doctor will take a history, do an exam, blood lead test, dental exam and vaccines.	MMR #1 (measles, mumps, rubella) Hib #4 Flu vaccine (Oct. - March)
15 - 18 months	Doctor will take a history, do an exam and give vaccines.	DTaP #4 Flu vaccine (Oct - March)
2 years	Doctor will take a history and do an exam, blood lead test, lipid screen for at risk children and give vaccines.	Hepatitis A #1 Hepatitis A #2 (6 - 12 months after #1) Flu vaccine (Oct - March)
3 years	Doctor will take a history and do an exam, vision check, hearing test and blood work if needed.	Flu vaccine (Oct - March)
4 - 6 years	Doctor will take a yearly history and do an exam, vision check, hearing test, blood work, urine test, give vaccines and do a TB test.	DTaP #5 Polio #4 MMR #2 If Hepatitis B has not been given, begin three-dose series before entrance to school Flu vaccine (Oct - March)
8 years	Doctor will take a history, do an exam, vision check and hearing test if needed.	
10 - 12 years	Doctor will take a history, do an exam, vision check, hearing test, blood work, urine test if needed and give vaccines.	Tdap (tetanus/diphtheria/pertussis) Hepatitis B Varicella HPV (3 doses) MMR (if second dose not given at 4 - 6 years)
13 - 16 years	Doctor will take a history and do an exam,* vision check, hearing test, blood work, urine test at ages 13 and 16, TB test, testicular exam for boys and vaccines.	HPV if not done during prior visits. Tdap if not done during prior visits. MCV4 (Meningococcal)
17 - 20 years	Doctor will take a history and do an exam,* vision check, hearing test, blood work, urine test if needed and vaccines.	HPV if not done during prior visits. Tdap if not done during prior visits. MCV4 (Meningococcal) if not done during prior visits.

*For teens who have sex, the exam should include a pelvic exam with Pap for girls and tests for sex-linked infections (syphilis, gonorrhea and Chlamydia) for both boys and girls.

Doctor or staff will talk about these topics at most visits:

- How to avoid injuries
- Stopping violence in the home
- Safe sex
- Healthy eating and exercise
- Sleeping position of baby (newborn to 6 months)

Please discuss these Good Health Guidelines with your doctor.

These guidelines are based on the American Academy of Pediatrics, the Child Health and Disability Program and Centers for Disease Control and Prevention and the Advisory Committee on Immunization Practices (ACIP).

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