



2012-2013 Adult Wellness Guidelines

Making Preventive Care a Priority

Adult Recommendations

Adult Health - for ages 18 and over

Preventive care is very important for adults. By making some good basic health choices, women and men can boost their own health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

Screenings	
Weight	Every 1-3 years.
Body Mass Index (BMI)	Every 1-3 years.
Blood Pressure (BP)	At least every 2 years.*
Colon Cancer Screening	Beginning at age 50 — colonoscopy every 10 years, OR flexible sigmoidoscopy every 5 years OR fecal occult blood test annually.*
Diabetes Screening	Those with high blood pressure should be screened. Others, especially those who are overweight or have additional risk factors, should consider screening every 3 years.*
Hearing Screening	Beginning at age 65.

Immunizations	
Tetanus Diphtheria Pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years.
Influenza (Flu)	Yearly
Herpes Zoster (Shingles)	1 dose given at age 60 and over.
Varicella (Chicken Pox)	2 doses if no evidence of immunity.
Pneumococcal (Pneumonia)	1 dose at age 65 or over.*
Measles, Mumps, Rubella (MMR)	1 or 2 doses for adults ages 18-55 if no evidence of immunity.
Human Papillomavirus (HPV)	3 doses for women ages 18-26 if not already given. 3 doses for men ages 18-21 if not already given.*



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* Recommendations may vary. Discuss the start and frequency of screenings with your doctor, especially if you are at increased risk.

Source: US Department of Health and Human Services, and the Centers for Disease Control and Prevention

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Women's Health

Women have their own unique health care needs. To stay well, they should make regular screenings a priority. In addition to the services listed in the Adult Health section, women should also discuss the recommendations listed on this chart with their doctor.

Women's Recommendations	
Mammogram	Every 1-2 years for women ages 40-74.*
Clinical Breast Exam	Every 3 years for women ages 20-39. Annually for age 40 and over.
Cholesterol	Starting age and frequency of screenings are based on your individual risk factors. Talk with your doctor about what is best for you.
Pap Test	Women ages 21-65: Pap test every 3 years. Another option for ages 30-65: Pap test and HPV test every 5 years. Women who have had a hysterectomy or are over age 65 may not need a Pap test.*
Osteoporosis Screening	Beginning at age 65, or at age 60 if risk factors are present.*
Aspirin Use	At ages 55-79, talk with your doctor about the benefits and risks of aspirin use.

Men's Health

Men are encouraged to get care as needed and make smart choices. That includes following a healthy lifestyle and getting recommended preventive care services. If they follow a game plan for better overall health, they'll be more likely to win at wellness.

In addition to the services listed in the Adult Health section, men should also discuss with their doctor the recommendations shown in the table to the right.

Men's Recommendations	
Cholesterol	Ages 20-35 should be tested if at high risk. Men age 35 and over should be tested.
Prostate Cancer Screening	Ages 50 and over, discuss the benefits and risks of screening with your doctor.*
Abdominal Aortic Aneurysm	Once between ages 65 and 75 if you have ever smoked.
Aspirin Use	At ages 45-79, talk with your doctor about the benefits and risks of aspirin use.

Ask Your Doctor

You probably don't hesitate to ask your doctor about nutrition and exercise, losing weight and stopping smoking. But you can also ask about:

- Dental health
- Problems with drugs or alcohol
- Sexual behavior and sexually transmitted diseases
- Feelings of depression
- Domestic violence
- Accident/injury prevention

* Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.

Source: US Department of Health and Human Services, and the Centers for Disease Control and Prevention

The recommendations provided in the table are based on information from organizations such as the Advisory Committee on Immunization Practices, the American Academy of Family Physicians, the American Cancer Society and the United States Preventive Services Task Force. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the recommendations provided.

