

Preventive care is the care you and your family receive when your doctor assesses your health risks and provides health counseling, screening tests and immunizations. A visit to your doctor for a specific concern, such as a backache, is different. Preventive care helps to keep you and your family healthy and to identify problems while they are easier to treat.

Doctors recommend specific preventive care for different stages of your life. You can meet your preventive care requirements through a combination of the following:

- At regular preventive care visits
- When you see your doctor for other concerns
- By scheduling additional appointments as needed

This brochure provides guidelines for when to schedule preventive care visits with your doctor. It also gives you information to keep up-to-date on immunizations.

The recommend schedule for screening tests and immunizations are aimed for healthy people. If you have a personal or family history of serious health problems, you may need some tests more often.

Birth to age 18

Birth to 24 months

When to schedule a visit

Schedule visits within the first week of birth, and at 2, 4, 6, 9, 12, and 15 months. Each visit includes a check of height and weight, head size developmental milestones, and assessment of vision and hearing. Lead screening is recommended at 12 months if your child is at risk for exposure or if your insurance mandates screening.

Immunizations

- Diphtheria, tetanus, pertussis, hepatitis B and poliovirus (DTaP-HepB-IPV): 2, 4, and 6 months
- Haemophilus influenza type B (Hib): 2 and 4 months
- Pneumococcal conjugate (PCV): 2, 4, 6 and 15 months
- Rotavirus (Rv): 2, 4 and 6 months
- Measles, mumps, rubella, varicella (chickenpox) (MMRV): 12–15 months
- Hepatitis A: 12–15 months and 18–23 months
- Diphtheria, tetanus, pertussis, haemophilus influenza type B (DTaP-Hib): 15 months
- Influenza: every year for ages 6 months and older

2 to 6 years

When to schedule a visit

Schedule visits at ages 2, 3, 4, 5 and 6 years. Visits include a check of height and weight, body mass index (BMI), developmental milestones, vision, hearing and blood pressure. Lead screening is recommended at 24 months if your child is at risk for exposure or if your insurance mandates screening.

Immunizations

- Diphtheria, tetanus, pertussis (DTaP): 5 years
- Poliovirus (IPV): 5 years
- Measles, mumps, rubella, varicella (chickenpox) (MMRV): 5 years
- Influenza: every year for ages 2 to 6

7 to 12 years

When to schedule a visit

Schedule visits at ages 8, 10 and 12 years. Visits include a check of height and weight, BMI, developmental milestones, vision, hearing and blood pressure.

13 to 18 years

When to schedule a visit

Schedule visits at ages 14, 16 and 18 years. Visits include a height and weight check, BMI, developmental milestones and blood pressure.

All sexually active girls must have chlamydia screening. A Pap test is recommended three years after first sexual intercourse, and every three years after three normal tests in a row over five years.

Immunizations (If not done before)

- Tetanus, diphtheria, pertussis (Tdap)
- Meningococcal conjugate (MCV4)
- Human papillomavirus (HPV): females only (3-dose series)
- Varicella (chickenpox): second dose

Lifestyle habits (Birth to age 18)

Make sure your children receive all recommended immunizations. Take care that your home is safe and smoke-free. Place infants to sleep on their backs. Use child safety seats in the car for all children until age 4 years. Children younger than 1 year and under 20 pounds should face the rear of the car. Children 4–9 years and under 80 pounds should use a booster seat secured with a seat belt. Older children (and adults) should wear seat belts. Make sure your children use bike helmets, eat a variety of nutritious foods and are physically active. Get them regular dental check-ups between ages 2–18. Make sure they are counseled about tobacco, alcohol and other drug use and sexual activity.

Ages 19 to 39

When to schedule a visit

Men must see their doctor every five years, women every three to five years. Each visit must include a height, weight, BMI and blood pressure check, health risk assessment and any necessary immunizations. Screening, such as for osteoporosis, depression, alcohol and tobacco use, also is recommended. Preventive counseling includes use of aspirin, calcium or folic acid to decrease risk for heart disease, bone fractures or birth defects (only women of child-bearing age).

Screening tests and immunizations

Men and women

- Blood pressure: every two years if less than 120/80; every year if 120–139/80–89
- Tetanus, diphtheria, pertussis (Tdap): one-time replacement for tetanus, diphtheria (Td); Td every 10 years
- Hepatitis B: if not had and at risk (3-dose series)
- Varicella (chickenpox): two doses, if no evidence of immunity

Men

- Cholesterol: every five years age 35 and older

Women

- Clinical breast exam: every three years
- Chlamydia: age 19–26 years if sexually active or older if at increased risk for infection
- Pap test and pelvic exam: beginning at age 21 or three years after first sexual intercourse, whichever is earlier; every three years after three normal tests in a row over five years
- Human papillomavirus (HPV): age 26 or younger, if not done previously (3-dose series)

Lifestyle habits

The lifestyle habits you establish now can affect what your health problems may be in the future. It is important to get regular physical activity, eat a balanced diet and avoid tobacco and excessive alcohol use. Remember to use your seat belt, never drink and drive and stay within the speed limit to reduce your risk of accidental injury.

RECOMMENDATIONS FOR ROUTINE PREVENTIVE CARE

Ages 40 to 64

When to schedule a visit

Men must see their doctor every five years, women every three to five years. Each visit must include a height, weight, BMI and blood pressure check, health risk assessment and any necessary immunizations. Screening tests, such as for osteoporosis, depression, alcohol and tobacco use are also recommended. Preventive counseling includes use of aspirin, calcium or folic acid to decrease risk for heart disease, bone fractures or birth defects (only women of child-bearing age).

Screening tests and immunizations

Men and women

- Blood pressure: every two years if less than 120/80; every year if 120–139/80–89
- Cholesterol: men—every five years; women—beginning at age 45 years every five years
- Colon cancer screening: beginning at age 50 years; if black, beginning at age 45 years; check with your doctor for how often.
- Tetanus, diphtheria, pertussis (Tdap): one-time replacement for tetanus, diphtheria (Td); Td every 10 years
- Influenza: every year beginning at age 50
- Shingles vaccine (Zos): once, age 60 or older

Men

- PSA and prostate exam: talk to your doctor about your individual risk

Women

- Clinical breast exam: every year
- Mammogram: beginning at ages 40–49 years if at high risk, every year; for ages 50–64, every one to two years
- Pap test and pelvic exam: every three years after three normal tests in a row over five years
- Chlamydia screening: all sexually active women if at increased risk for infection

Ages 65 and older

When to schedule a visit

Men and women must see their doctor every one to two years. Each visit must include a height, weight, BMI and blood pressure check, a health risk assessment and any necessary immunizations. Screening tests, such as for osteoporosis, depression, alcohol and tobacco use are also recommended. A hearing screening also may be necessary. Preventive counseling includes use of aspirin, calcium or folic acid to decrease risk for heart disease, bone fractures.

Screening tests and immunizations

Men and women

- Blood pressure: every two years if less than 120/80; every year if 120–139/80–89
- Cholesterol: every five years
- Colon cancer screening: check with your doctor for how often
- Tetanus, diphtheria (Td): every 10 years
- Influenza: every year
- Pneumococcal polysaccharide (PPV): once at age 65 or older
- Shingles vaccine (Zos): once if not had

Men

- Abdominal aortic aneurysm screening: for ages 65–74 who have ever smoked (more than 100 cigarettes in lifetime)
- PSA and prostate exam: talk to your doctor about your individual risk

Women

- Clinical breast exam: every year
- Mammogram: every year one to two years until age 75
- Pap test and pelvic exam: every three years if you have a new sexual partner

Lifestyle habits

A healthy diet, physical activity, moderate alcohol intake and no tobacco use is as important now as ever. Regular physical activity, even for older adults, is one of the most effective ways to stay feeling good.

FOLLOW-UP RECOMMENDATIONS

The recommended intervals for screening tests and immunizations are intended for healthy people. If you have a personal or family history of serious health problems, you may need some tests more often.

An annual influenza vaccine is recommended for people of any age with certain chronic medical conditions.

The following is your personal preventive care schedule:

<i>Visit</i>	<i>Date due</i> (mo/yr)
Complete preventive care visit	_____
 <i>Screening test or immunization</i>	 <i>Date due</i> (mo/yr)
Blood pressure check	_____
Cholesterol check	_____
Clinical breast exam	_____
Mammogram	_____
Pap test and pelvic exam	_____
Colon cancer screening	_____
Immunization: _____	_____
Other follow-up recommendations:	
_____	_____
_____	_____

This brochure is based on guidelines developed by a team of health care experts at the Institute for Clinical Systems Improvement (ICSI), of which Park Nicollet Health Services is an active member. It will be reviewed and updated on a regular basis as scientific evidence changes. This material is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment.

Guidelines for Preventive Health Care

