

eHouseCall

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A Monthly Electronic Newsletter from HealthLink

Doctor's Bag



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HLInfo YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

APRIL

PREVENTIVE HEALTH GUIDELINES

When should you have a mammogram? A colonoscopy? When and what kind of immunizations do you need? There are many preventive measures you can take to lead a healthier lifestyle. The most important resource for health information is your physician. Please consult your physician for the appropriate schedule of preventive care to meet your personal needs. Also, please consult your health benefit plan booklet to confirm coverage for preventive care services. The chart below is a summary of preventive recommendations for adults. You can access summary recommendations for children and adolescents on the HealthLink web site, www.healthlink.com.

PREVENTIVE CARE FOR THE WHOLE FAMILY

You call the doctor when you are feeling sick, right? Why not make your next appointment when you feel well? A routine physical and timely preventive care can reduce the risk of many illnesses.

The U.S. Department of Health and Human Services publishes excellent preventive care guides for children and adults on their Agency for Healthcare Research and Quality web site. To access the information, go to www.ahrq.gov/consumer. I encourage you to review the recommendations and then make an appointment with your doctor to initiate the preventive care plan of action that is best for you.

Today's families are busier than ever. The best way to keep up with a busy schedule is to be healthy. A little preventive care goes a long way toward maintaining the health and well-being of your family.

Preventive Care Guidelines www.healthlink.com

The HealthLink web site includes a summary of the guidelines published by the U.S. Preventive Services Task Force. The chart to the right is for adults. To access the recommendations for children and adolescents, log on and go to the "Health Plan participant" home page. Scroll down to "Standards and Requirements" and select "Preventive Guidelines."

Adults	GENDER	AGE 18-39	AGE 40-49	AGE 50-64	AGE 65+
PREVENTIVE MEDICINE					
Lipid Screen	Men & Women	every 5 years, or more frequently, based on risk →			
Blood Pressure	Men & Women	yearly	yearly	yearly	yearly
Height & Weight	Men & Women	every 1-3 yrs	every 1-3 yrs	every 1-3 yrs	yearly
Hearing & Vision	Men & Women			yearly	yearly
Stool for Occult Blood	Men & Women			yearly	yearly
Testicular Self-Exam	Men	yearly	yearly	yearly	yearly
Clinical Prostate Exam	Men		based on risk	yearly	yearly
Clinical Breast Exam	Women	every 1-3 yrs	yearly	yearly	yearly
Breast Self-Exam	Women	every 1-3 yrs	yearly	yearly	yearly
Mammogram	Women	baseline (35-39)	every 1-2 yrs	yearly	yearly
Pap Test	Women	every 1-3 yrs	every 1-3 yrs	every 1-3 yrs	every 1-3 yrs
Osteoporosis Screening	Women		based on risk	based on risk	every 2+ yrs
Chlamydia Screening	Women	yearly*			
Fasting Plasma Glucose	Men & Women	every 3 yrs	every 1-3 yrs	every 1-3 yrs	every 1-3 yrs
Dental	Men & Women	yearly	yearly	yearly	yearly

*Chlamydia Screening: at least annually for all sexually active women age 25 and younger, or if at increased risk

IMMUNIZATIONS					
Tetanus/Diphtheria	Men & Women	every 10 years, after primary series →			
Influenza	Men & Women	yearly, based on risk →	yearly	yearly	
Pneumococcal	Men & Women	based on risk →			age 65

AT-RISK INTERVENTIONS					
Flexible Sigmoidoscopy or	Men & Women			every 3-5 yrs	every 3-5 yrs
Colonoscopy	Men & Women			every 10 yrs	every 10 yrs
Tuberculosis Skin Test	Men & Women	based on risk			

Provide guidance/counseling on smoking, alcohol and drugs, sexual behavior, AIDS, nutrition, physical activity, violence and firearms safety, family planning, injuries, obesity, occupational health, osteoporosis, vitamin supplements (women age 12-45), aspirin, and hormone replacement therapy (women age 45+). These guidelines are for healthy, low-risk individuals and do not replace clinical judgment. All benefit plans may not cover these services.

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