

preventive health guidelines for all ages

The chart below is a summary of preventive health guidelines for the general population. These guidelines are based on recommendations published by the US Preventive Services Task Force and the American Academy of Pediatrics.

Please note: After considering your medical history and other individual circumstances, your primary care physician may wish to add other preventive services on a routine basis. Please take a few moments to familiarize yourself with these guidelines, which will help you and your family maintain a healthy lifestyle.

	BIRTH TO 2 YEARS	2 TO 6 YEARS	7 TO 10 YEARS
PREVENTIVE CARE/ OFFICE VISITS	At birth, 2 weeks, and 2, 4, 6, 9, 12, 15, and 18 months	Once for immunizations ◆ Additional visits at the primary care physician's discretion, but at least once a year (annually) for a well-child checkup.	At the primary care physician's discretion, but at least every two years.
SCREENINGS	General newborn and infant screening assessment ◆ Hearing	Height, weight, and blood pressure ◆ Vision screening in children under age 5 (begin at 3 years) ◆ BMI assessment and counseling for nutrition and physical activity	Height, weight, and blood pressure ◆ BMI assessment and counseling for nutritional and physical activity
IMMUNIZATIONS	DTaP or DTP (diphtheria, tetanus, pertussis) at 2, 4, and 6 months, and 15 to 18 months ◆ Hep B (hepatitis B) at birth, 1 to 2 months, and 6 to 18 months ◆ Hib (<i>Haemophilus influenzae</i> type B) at 2, 4, and 6 months and 12 to 15 months ◆ MMR (measles, mumps, rubella) at 12 to 15 months ◆ IPV (inactivated poliovirus vaccine) at 2 and 4 months and 6 to 18 months ◆ Varicella-zoster vaccine at 12 to 15 months ◆ Pneumococcal vaccine (PCV) at 2, 4, and 6 months, and 12 to 15 months ◆ Rotavirus vaccine (Rota) at 2, 4, and 6 months ◆ Hep A (hepatitis A)—two doses between 12 and 23 months (six months apart) ◆ Influenza vaccine annually from 6 to 23 months	DTaP or DTP (diphtheria, tetanus, pertussis) once from ages 4 to 6 ◆ MMR (measles, mumps, rubella) once from ages 4 to 6 ◆ IPV (inactivated poliovirus vaccine) once from ages 4 to 6 ◆ Varicella vaccine once from ages 4 to 6 ◆ Influenza vaccine annually	Influenza vaccine annually
PARENT/PATIENT EDUCATION/ RESPONSIBILITY	Development, discipline, behavior ◆ Nutrition (breastfeeding, iron-rich foods) ◆ Injury prevention (child safety seats, smoke detectors, poison control telephone number, hot water heater temperature below 120 to 130 degrees Fahrenheit) ◆ Sleep habits ◆ Effects of passive smoke ◆ Dental health (baby-bottle tooth decay) ◆ Safe sun exposure ◆ Pool fence, window and stair guards ◆ CPR training	Dental health ◆ Diet and exercise ◆ Injury prevention (seat belts, bicycle safety helmets, storage of toxic chemicals and matches, poison control phone number, smoke detectors, storage of firearms) ◆ Development, discipline, behavior ◆ Safe sun exposure ◆ CPR training ◆ Pool fence, window and stair guards	Dental health, good health habits ◆ Diet and exercise ◆ Injury prevention (bicycle safety helmets, seat belts, smoke detectors, storage of firearms, drugs, toxic substances, matches) ◆ Prevention of tobacco, alcohol, and illicit drug use ◆ Discipline, behavior ◆ Safe sun exposure

—Continued on back of page

	11 TO 12 YEARS	13 TO 18 YEARS	19 TO 26 YEARS	27 TO 49 YEARS	50 TO 59 YEARS	60 TO 64 YEARS	65 YEARS AND OLDER
PREVENTIVE CARE/ OFFICE VISITS	Annually	Annually	Annually	Annually	Annually	Annually	Annually
SCREENINGS	Height ♦ Weight ♦ Blood pressure ♦ BMI calculation	Height ♦ Weight ♦ Blood pressure ♦ BMI calculation ♦ Pap tests (for females sexually active at present or in the past, if history is unreliable begin Pap tests at age 18) ♦ Chlamydia screenings for sexually active females ♦ Safe sexual practices for males and females ♦ Tobacco, alcohol, and illicit drug use	Height ♦ Weight ♦ Blood pressure ♦ BMI calculation ♦ Pap test every three years for females (begin screening within three years of onset of sexual activity or age 21— whichever comes first) ♦ Chlamydia screenings for sexually active females age 24 and younger ♦ Tobacco, alcohol, and illicit drug use	Height ♦ Weight ♦ Blood pressure ♦ BMI calculation ♦ Lipids (men age 35 or older, women age 45 or older) ♦ Pap test (at least every three years for women who are or have been sexually active and who have a cervix) ♦ Mammogram alone or mammogram with clinical breast examination by physician every one to two years for women age 40 or older ♦ Tobacco, alcohol, and illicit drug use	Height ♦ Weight ♦ Blood pressure ♦ BMI calculation ♦ Lipids ♦ Colorectal cancer screening using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults beginning at age 50 ♦ Mammogram alone or with clinical breast exam by physician every one to two years for women ♦ Tobacco, alcohol, and illicit drug use ♦ Obesity	Height ♦ Weight ♦ Blood pressure ♦ BMI calculation ♦ Lipids ♦ Colorectal cancer screening using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults ♦ Mammogram alone or with clinical breast exam by physician every one to two years for women ♦ Tobacco, alcohol, and illicit drug use ♦ Obesity	Height ♦ Weight ♦ Blood pressure ♦ BMI calculation ♦ Hearing and vision screenings (and refer as appropriate) ♦ Lipids ♦ Colorectal cancer screening using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults through age 75 ♦ Mammogram alone or with clinical breast exam by physician every one to two years for women ♦ Tobacco, alcohol, and illicit drug use ♦ Osteoporosis check for women ♦ Obesity
IMMUNIZATIONS	Tdap or DTP (diphtheria, tetanus, pertussis) once between ages 11 and 12 ♦ HPV (human papilloma virus) three-dose series for girls ♦ MCV4 (meningococcal vaccine) once between ages 11 and 12 ♦ Influenza vaccine annually	Influenza vaccine annually ♦ HPV (human papillomavirus) three doses if no evidence of vaccine or immunity	Td (tetanus-diphtheria booster) once every 10 years after a one-time dose of Tdap (tetanus-diphtheria toxoids and acellular pertussis vaccine) ♦ HPV (human papillomavirus) three doses if no evidence of vaccine or immunity ♦ Varicella vaccine (two doses if no evidence of vaccine or immunity) ♦ MMR (measles, mumps, rubella) one or two doses if no evidence of vaccine or immunity	Td (tetanus-diphtheria booster) once every 10 years after a one-time dose of Tdap (tetanus-diphtheria toxoids and acellular pertussis vaccine) ♦ Varicella vaccine (two doses if no evidence of vaccine or immunity) ♦ MMR (measles, mumps, rubella) one or two doses if no evidence of vaccine or immunity	Influenza annually ♦ Td (tetanus-diphtheria booster) once every 10 years after a one-time dose of Tdap (tetanus-diphtheria toxoids and acellular pertussis vaccine) ♦ Varicella vaccine (two doses if no evidence of vaccine or immunity)	Influenza annually ♦ Td (tetanus-diphtheria booster) once every 10 years after a one-time dose of Tdap (tetanus-diphtheria toxoids and acellular pertussis vaccine) ♦ Varicella vaccine (two doses if no evidence of vaccine or immunity) ♦ Zoster vaccine (one dose)	Influenza annually ♦ Td (tetanus-diphtheria booster) once every 10 years ♦ Varicella vaccine (two doses if no evidence of vaccine or immunity) ♦ Zoster vaccine (one dose)
PARENT/PATIENT EDUCATION/RESPONSIBILITY	Dental health, good health habits ♦ Diet and exercise ♦ Injury prevention (bicycle safety helmets, seat belts, smoke detectors, storage of firearms, drugs, toxic substances, matches) ♦ Prevention of tobacco, alcohol, and illicit drug use ♦ Discipline, behavior ♦ Safe sun exposure	Dental health ♦ Diet and exercise ♦ Injury prevention (seat belts, driving, bicycles, motorcycles, ATVs, and helmets) ♦ Social history ♦ Prevention and cessation of tobacco, alcohol, and illicit drug use ♦ Safe sexual practices ♦ Safe sun exposure	Dental health ♦ Diet and exercise ♦ Injury prevention (seat belts, smoke detectors) ♦ Prevention and cessation of tobacco, alcohol, and illicit drug use ♦ Safe sexual practices ♦ Breast self-exam ♦ Testicular exam ♦ Safe sun exposure	Dental health ♦ Diet and exercise ♦ Injury prevention (seat belts, smoke detectors) ♦ Prevention and cessation of tobacco, alcohol, and illicit drug use ♦ Safe sexual practices ♦ Breast self-exam ♦ Testicular exam ♦ Safe sun exposure	Dental health ♦ Diet and exercise ♦ Injury prevention (seat belts, smoke detectors) ♦ Prevention and cessation of tobacco, alcohol, and illicit drug use ♦ Safe sexual practices ♦ Breast self-exam ♦ Testicular exam ♦ Safe sun exposure	Dental health ♦ Diet and exercise ♦ Injury prevention (seat belts, smoke detectors) ♦ Prevention and cessation of tobacco, alcohol, and illicit drug use ♦ Safe sexual practices ♦ Breast self-exam ♦ Testicular exam ♦ Safe sun exposure ♦ Adequate calcium intake	Dental health ♦ Diet and exercise ♦ Injury prevention (seat belts, fall prevention, and smoke detectors) ♦ Prevention and cessation of tobacco, alcohol, and illicit drug use ♦ Safe sexual practices ♦ Breast self-exam ♦ Testicular exam ♦ Safe sun exposure ♦ Adequate calcium intake

WOMEN DURING PREGNANCY
<p>Blood pressure ♦ Hemoglobin/hematocrit ♦ Hepatitis B surface antigen (HBsAg) ♦ RPR/VDRL ♦ Chlamydia screening (younger than age 25) ♦ Rubella serology or vaccination history ♦ Rh(D) typing, antibody screening ♦ Offer CVS (younger than 13 weeks) or amniocentesis (15 to 18 weeks) if age 35 or older ♦ Offer hemoglobinopathy screening ♦ Assess for tobacco, alcohol, and illicit drug use ♦ Offer HIV screening ♦ Varicella history</p>
FIRST VISIT/SCREENINGS
<p>Blood pressure ♦ Urine culture (12 to 16 weeks) ♦ Offer amniocentesis (15 to 18 weeks) if age 35 or older ♦ Offer multiple marker testing (15 to 18 weeks) ♦ Offer serum alpha-fetoprotein (16 to 18 weeks)</p>
FOLLOW-UP VISITS/SCREENINGS
<p>Tobacco cessation (effects of passive smoking) ♦ Alcohol/other illicit drug use ♦ Nutrition (including adequate calcium intake) ♦ Encourage breastfeeding ♦ Lap/shoulder belts ♦ Infant safety car seats ♦ STD prevention (avoid high-risk sexual behavior; use condoms)</p>
COUNSELING
<p>Daily multivitamin with folic acid</p>
PRIMARY PREVENTION