Adult Preventive Services Health Record
Recommended by the National Association of Managed Care Physicians
(gray boxes indicate recommendations)

AGE	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
Blood Pressure, Weight and Height -- Yearly																																																												
Cholesterol, Men	*routinely starting at age 35*																																																											
Cholesterol, Women	*routinely starting at age 45*																																																										
Pap Smear -- every 1 to 3 years																																																											
Osteoporosis	*yearly starting at age 65*																																																										
Chlamydia Screening	*yearly from age 18 to 25*																																																										
Mammography	*every one to two years starting at age 40*																																																										
Colorectal Cancer	*screening timeline depends on test; see preventiveservices.ahrq.gov for more information*																																																										
Alcohol Use Screening -- Periodically																																																											
Vision, Hearing	*periodically from age 65*																																																										
Tetanus-Diptheria Immunization	*every 10 years*											*Unless Pregnant*																																																				
Varicella Immunization -- Susceptibles Only	*two doses*																																																											
MMR Immunization	*one or two dose for women of childbearing age*																																																											
Pneumococcal Vaccine	*once at age 65*																																																											
Influenza Vaccine	*yearly starting at age 50*																																																											
Human papillomavirus (HPV) -- Women	*HPV vaccination is recommended for all women 26 or younger who have not completed the vaccine series*																																																											
Counseling on Folic Acid Intake -- Women	*yearly until age 35*																																																											
Periodic counseling on tobacco cessation, drug & alcohol abuse, STDs and HIV, nutrition, physicial activity, sun exposure, oral health, injury prevention, and polypharmacy																																																											
Counseling on taking chemopreventive asprin -- men	*periodically starting at age 40*																																																											
Counseling on taking chemopreventive asprin -- women	*periodically starting at age 50*																																																											
AGE	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75