

## RECOMMENDED ADULT PREVENTIVE SCREENINGS

	19-39 Years	40-64 Years	65 Years & Older
<b>Breast Cancer Screening</b>	The decision to start regular mammograms before age 50 should be discussed with your doctor. Against teaching breast self-examination (BSE).	Mammogram every one to two years for women ages 50 to 75 years.	
<b>Cervical Cancer &amp; HPV Screening</b>	No screening before age 21 regardless of age of onset of sexual activity. Screening for cervical cancer in women ages 21-65 every three years with cytology. For women ages 30-65 who want to lengthen the screening interval, screening with a combination of cytology and HPV testing every 5 years.		Against screening in women older than 65 years who have had adequate prior screening and are not at high risk for cervical cancer.
<b>Chlamydia Screening</b>	Screen all sexually active women (pregnant or not) age 24 years and younger and in older women who are at increased risk. Against routinely screening women age 25 and older if they are not at increased risk.		
<b>Colorectal Cancer Screening</b>		Screening using fecal occult blood testing, sigmoidoscopy or colonoscopy in adults beginning at age 50 and continuing until age 75. Against routine screening for colorectal cancer in adults ages 76 or older.	
<b>Hypertension Screening</b>	Screenings for high blood pressure in adults age 18 years and older.		
<b>Lipid Screening</b>	Lipid screening for men age 35 years and older and women age 45 years and older. Screening for men and women who are at increased risk for coronary heart disease beginning at age 20. No recommendation for or against routine screening for lipid disorders in men ages 20 to 35 or women ages 20 to 45 who are not at increased risk for coronary heart disease.		
<b>Tobacco Use</b>	Establish tobacco use status for all patients and reassess at every opportunity. Provide tobacco cessation interventions for those who use tobacco products.		

This is a general listing of Level I Preventive Screenings adapted from the Institute for Clinical Systems Improvement ([www.icsi.org](http://www.icsi.org)). Consult your primary care provider for direction on recommended preventive screenings.

If you are a PreferredOne member, please login to your member account or contact customer service for a more detailed list of preventive screenings and to determine how these services would be covered under your benefit plan.