

Adult Preventative Services Guidelines for Women at low risk

Services For Women	18-39 Years	40-64 Years	65 Years & Older
General Exam	Every 1-2 years	Every 1-2 years	Medicare Wellness or general exam every 1-2 years
Ht, Wt, BMI, & Exercise	Every Visit	Every Visit	Every Visit
Alcohol Abuse Screening	Annually	Annually	Annually
Aspirin Counseling	-	Consider in adults aged 50 to 59 years who have a 10% or greater 10-year CVD risk, are not at increased risk for bleeding, have a life expectancy of at least 10 years, and are willing to take low-dose aspirin daily for at least 10 years.	
Breast Cancer Screening	-	Ages 40-74: mammogram annually. Age 75 and older, shared decision making with provider	
Cervical Cancer Screening	Starting at age 21, cytology every 3 years. Starting at age 30, cytology and HPV testing every 5 years. If cytology only, screening every 3 years. Ages 16-26	Cytology and HPV testing every 5 years. If cytology only, screen every 3 years.	Stop screening at age 65-70 if adequate screening was done in preceding 10 year.
Chlamydia Screening	Screen all sexually active women <age 24 and screen those >25 years old who have increased risk.		
Colorectal Cancer Screening		45+ years Not recommended for ages 76-85 unless significant risk. No screening age 86 or older.	
Depression Screening	Annually	Annually	Annually
Hepatitis C Screening	-	Once if born 1945-1965	Once if born 1945-1965
HIV Screening	Screen once, ages 15-64. Screen if pregnant. Screen annually if high risk.		Screen annually if high risk.
Hypertension Screening	BP every 2 years if <120/80. Yearly is 120-139/80-90.	BP every 2 years if <120/80. Yearly if 120-139/80-90	BP every 2 years in <120/80. Yearly if 120-139/80-90
Lipid/Diabetes Screening	-	Fasting screening at age 45, then every 5 years.	Fasting screening every 5 years
Lung Cancer Screening		Screen annually, ages 55-80 with low dose CT if 30-pack-year smoking history and currently smoke or have quit within past 15 years. No screening if patient has not smoked for 15 years.	
Osteoporosis Screening		Postmenopausal if increased risk of fracture	At least once
Tobacco Screening	Establish tobacco status, reasses at each vist and provide intervention		
Immunizations	Refer to immunization Schedule	Refer to immunization Schedule	Refer to immunization Schedule

