

Adult Preventive Care Timeline

Health Tradition Health Plan

A Mayo Health System Choice in Wisconsin

	Age	18-39	40-49	50-64	Age 65 & Over
Screening Tests	Full Check-up	Every 1-5 years	Every 1-3 years	Yearly	
	Cholesterol Screening	Every 5 Years			
	Blood Pressure test	Yearly			
	Breast and Pelvic Exam	Once every 2 years	Yearly		
	Pap Smear	Every 1-3 years, based on provider recommendation			
	Mammography		Every 1-2 years	Yearly	
	Skin Health Check	Every 3 years			
	Eye Exam (Annual if diabetic)	Every 2 - 3 years	Every 2 years		
	Fecal Occult Blood test, or			Yearly	
	Flexible sigmoidoscopy, or			Every 5 years	
	Barium enema, or			Every 5 years	
	Colonoscopy			Every 10 years	
	Immunizations	Flu Vaccine	Yearly (High Risk Groups)		Yearly
Pneumococcal vaccine		High Risk Groups			One time
Tetanus-diphtheria booster		Every 10 years			
Gardasil (HPV)		Females between 9 and 25 years of age, who are not pregnant.			

Your personal healthcare provider may modify these guidelines based on your individual needs & family history.

Periodic Health Examinations (Check-Ups)

Periodic health examinations allow your provider to evaluate your health status, screen for risk factors and disease, and provide preventive counseling interventions in an age-appropriate manner. During a periodic health examination, a complete health assessment will be performed, including gathering information about a person's medical history and lifestyle, conducting laboratory tests, and screening for disease.

Health Tradition recommends individuals between the ages of 18 and 39 have a periodic health examination every one to five years, for individuals between the ages of 40 and 49, every one to three years, and for those 50 and over, annually.

Cholesterol Screening

A blood test to check cholesterol levels - called a lipid panel or lipid profile - typically reports the following: Total Cholesterol, LDL, HDL and triglycerides. Triglycerides are a type of fat often increased by sweets or alcohol. LDL or "bad" cholesterol can build up on the inside of artery walls, contributing to artery blockage that can lead to heart attacks. HDL or "good" cholesterol, helps prevent arteries from becoming clogged. Higher HDL cholesterol generally means less risk for heart attack and stroke.

The Plan recommends that individuals 18 and older get a cholesterol screening every 5 years.

Blood Pressure Test

You can have high blood pressure for years without a single symptom. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

Health Tradition recommends adults 18 and older have an annual blood pressure test.

Mammography

A screening mammogram is an x-ray exam of the breast in a woman who has no symptoms. The goal of a screening mammogram is to find cancer when it is still too small to be felt. Finding small breast cancers early by a screening mammography greatly improves a woman's chance for successful treatment.

The Plan recommends that women between the ages of 40 and 49 should have a mammogram every 1-2 years, and for women age 50 and over, a mammogram each year.

Pap Smear

A Pap Smear, also called a Pap test, is a simple procedure that collects cells from the cervix - the lower, narrow end of the uterus. The test detects cervical cancer as well as any changes in the cervical cells that suggest cancer may develop in the future. Since women started having Pap smears more than 50 years ago, the number of deaths to cervical cancer has dropped dramatically.

Health Tradition recommends that women age 18 and over have a pap smear annually.

Skin Health Check

Skin cancer - the abnormal growth of skin cells - most often develops on skin exposed to the sun, but it can also develop on areas of the skin that are not normally exposed to sunlight. It is important for individuals to check their skin regularly and report any changes to their doctor.

It is recommended that adults over the age of 18 consult their doctor for a complete skin exam at least every 3 years.

Eye Exam

An eye exam is one of the best ways to protect your vision because it can detect eye problems at their earliest stage - when they are most treatable. Regular eye exams can detect problems with your vision as a result of certain health conditions, such as diabetes or high blood pressure. Annual eye exams are an important part of preventive health.

For diabetics, it is recommended they have an eye exam each year. For individuals 18 through 39 years of age, an eye exam should be done every 2-3 years, and for those 40 and over, every 2 years.

Colonoscopy

Colorectal cancers (cancer of the colon and rectum) make up the second leading cause of cancer related deaths in the United States. The most encouraging news about colon and rectal cancer is that you can actually reduce your risk by having regular screenings. With regular screenings, you can have polyps removed before they have a chance to turn into cancer.

Health Tradition recommends that people age 50 and older have a colonoscopy performed every 10 years.

Pneumococcal Vaccine

The Pneumococcal vaccine prevents infection of the pneumococcal bacteria. Pneumococcal infection can cause serious health problems, such as pneumonia.

Individuals 65 or older and those between the ages of 18 and 64 who are at high risk for developing pneumonia should receive the vaccine.

Tetanus-diphtheria booster

Tetanus is a serious bacterial disease that leads to stiffness of your jaw muscles and other muscles. It can cause severe muscle spasms, make breathing difficult and ultimately, threaten your life. A booster of the tetanus vaccine is typically given in combination with a booster of diphtheria vaccine.

Health Tradition recommends that individuals 18 and over receive a tetanus-diphtheria booster every 10 years.