



# Adult Preventive Health Information for WellCare Members

## Frequency of Physical Examination

All new members should get a baseline physical exam in the first 90 days of enrollment. Pregnant members should be seen in the first 14 days. The Cleveland Clinic’s recommendations for periodic health exam visits for asymptomatic adults are:

- **Age 19 to 39:** Every 1 to 3 years. (Women should get an annual Pap smear. If 3 normal smears in a row, then 1 every 3 years.)
- **Age 40 to 64:** Every 1 to 2 years based on risk factors.
- **Age 65 and older:** Every year.

Age	Screening	Frequency
• 18 years of age and older	Blood pressure, height, body mass index (BMI), alcohol use	Each year from age 18 to 21. Then, every 1 to 2 years or at PCP’s recommendation.
• Men 35 to 65 years of age	Cholesterol (non-fasting TC/HDL)	Every 5 years (More often if elevated)
• Women 45 to 65 years of age	Cholesterol (non-fasting TC/HDL)	Every 5 years (More often if elevated)
• High risk men and women 20 years of age and older	Cholesterol (non-fasting TC/HDL)	Every 5 years (More often if elevated)
• Women 18 years of age and older who are sexually active. (Consider at age 12 if sexually active.)	Chlamydia	Each year and at PCP’s recommendation
• Women 18 to 65 years of age (or 3 years after onset of sexual activity, whichever comes first)	Pap smear	Every 1 to 3 years
• Women 40 years of age and older	Mammography	Every 1 to 2 years
• 50 years of age and older	Colorectal	Periodically depending upon test and risk (e.g. colonoscopy every 10 years in low risk, 2 years in high risk)
• Women 65 years of age and older. (60 and older if at risk for fractures.)	Osteoporosis	Bone Mass Measurement every two years
• 65 years of age and older	Vision, hearing	Periodically

<b>Immunization</b>	
• Tetanus-Diphtheria and acellular pertussis (Td/Tdap)	19 years and older, Tdap: Substitute 1-time dose of Tdap for Td then boost with Td every 10 years
• Varicella (VZV)	All adults without evidence of immunity to varicella should receive 2 doses of single-antigen varicella vaccine if not previously vaccinated or the second dose if they have received only 1 dose, unless they have a medical contradiction.
• Measles, Mumps, Rubella (MMR)	Adults born during or after 1957 should receive 1-2 doses unless they have a medical contradiction.
• Pneumococcal polysaccharide (PPSV)	65 years of age and older – 1 dose
• Seasonal Influenza	Every year, 50 years of age and older
• Hepatitis A Vaccine (HepA)	All unvaccinated individual who anticipate close contact with an international adoptee or those with certain high-risk behaviors.
• Hepatitis B vaccine (HepB)	Adults at risk, 18 years of age and older – 3 doses
• Meningococcal conjugate vaccine (MCV)	College freshmen living in dormitories not previously vaccinated with MCV and others at risk, 18 years of age and older – 1 dose. Meningococcal polysaccharide vaccine) is preferred for adults aged $\geq 56$ years.
• Human Papillomavirus (HPV)	* For eligible members through 26 years of age (three dose series)
• Zoster	Age 60 and older 1 dose, unless a member has a medical condition that constitutes a contraindication.
• Haemophilus Influenza type b (Hib)	For eligible members who are at high-risk and who have not previously received Hib vaccine (1 dose)

## Prevention

- Discuss aspirin to prevent cardiovascular events.
  - ❖ Men: 40 years of age and older.
  - ❖ Women: 50 years of age and older.
- Discuss the importance of preventive exams (Mammograms and Breast self examination for women at high risk and who have family history.)
- Discuss prostate specific antigen (PSA) test and rectal exam. (For men 40-75 years of age per PCP's discretion.)

## Counseling

- Calcium: 1,000 mg a day for women 18 to 50 years of age. 1,200 to 1,500 mg a day for women 50 years of age and older.
- Folic acid: 0.4 mg a day for women of childbearing age. 4 mg a day for women who have had children with Neural Tube Defects (NTDs).
- Breast feeding: Women after giving birth.
- Quitting tobacco; drug and alcohol use; STDs and HIV; nutrition; physical activity; sun exposure; oral health; injury prevention; polypharmacy.

\* **Subject to individual state coverage.**

## References

Guide to Clinical Preventive Services, 2007: Recommendations of the U.S. Preventive Services Task Force, 2007.  
 Press Release *CDC's Advisory Committee Recommends Human Papillomavirus Virus Vaccination* June 29, 2006  
 Recommended Adult Immunization Schedule – United States, 2010  
 Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) May 2001  
 Bone Health and Osteoporosis: A Report of the Surgeon General (2004)  
 Cleveland Clinic [www.cchs.net/health/health-info](http://www.cchs.net/health/health-info) Periodic Health Exams and Cancer Screening  
 ACG Recommendations on Colorectal Cancer Screening for Average and Higher Risk Patients in Clinical Practice, April 2008.

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**Version: 2/2010 (revised)**