

# ADULT HEALTH MAINTENANCE GUIDELINES

It is each provider’s responsibility to decide on an individual patient basis the frequency of tests and examinations performed.

This guideline condenses recommendations from medical works including, but not limited to, publications by: the American Academy of Family Physicians (Summary of Policy Recommendations); the Centers for Disease Control and Prevention; the American College of Physicians; the American Cancer Society; the U.S. Preventive Services Task Force; the National Heart, Lung, Blood Institute; the American Diabetes Association; and the American Congress of Obstetrics and Gynecology. These guidelines apply to those who do not have symptoms of disease or illness. Those who display symptoms of disease or illness fall outside these guidelines and should be treated accordingly. These guidelines are not a Wellmark coverage guarantee. Depending on the member’s policy, all or some of these preventive services may be covered with or without a member cost share.

PHYSICAL EXAM	18–25 YEARS	26–39 YEARS	40–49 YEARS	50–65 YEARS	65+ YEARS <sup>1</sup>
Health Maintenance Exam (HME)*	Every 5 years	Every 5 years	Every 2–3 years	Every 1–2 years	Every 1–2 years
Height, weight, BMI <sup>2</sup> , BP	Every 2–3 years	Every 2–3 years	Every 2–3 years	Every 1–2 years	Every 1–2 years
Cancer exams: Thyroid, mouth, skin, ovaries, testicles, lymph nodes	Every 5 years with HME	Every 5 years with HME	Every 2–3 years with HME	Every 1–2 years with HME	Every 1–2 years with HME
Clinical breast exam	Every 1–3 years	Every 1–3 years	Every 1–2 years	Annually	Annually
Self-exam of breast, testicles <sup>3</sup>	Monthly				

\*CBE, Pap, Pelvic are part of the well female exam and should be included with the complete physical exam.

SCREENING	18–25 YEARS	26–39 YEARS	40–49 YEARS	50–65 YEARS	65+ YEARS <sup>1</sup>
Prostate cancer	N/A	N/A	At age 40, discuss screening with men who have immediate family members diagnosed with prostate cancer before age 65. <sup>4</sup>  At age 45, discuss screening with high-risk men, including African Americans and men with immediate family members diagnosed with prostate cancer before age 65.	At age 50, discuss screening with average-risk men expected to live at least 10 more years.	
Cervical Smear with pelvic exam	With cytology every 3 years	After age 30, co-test with cytology and HPV every 5 years	Co-test with cytology and HPV every 5 years	Co-test with cytology and HPV every 5 years	N/A <sup>5</sup>
Screen for Sexually Transmitted Infections <ul style="list-style-type: none"><li>Chlamydia — all sexually active women under age 24 and older women with increased risk</li><li>Gonorrhea — all sexually active women with increased risk for infection</li><li>Syphilis — all persons at risk for infection</li></ul>	Annually, if at risk				
HIV	All adults, one time				
HBV	Screen if at high-risk. Rescreen based on clinical judgement.				
HCV infection	N/A	N/A	N/A	Once	Once
Mammography <sup>6</sup>	N/A	N/A	Women ages 40–49, who find more value than risk in mammograms may consider beginning screenings every 2 years.	Every 2 years	Every 2 years until age 70
Colorectal Cancer Screening Options <ul style="list-style-type: none"><li>Fecal Occult Blood Test (gFOBT)</li><li>Fecal Immunochemical Test (FIT)</li><li>FIT/DNA</li><li>Sigmoidoscopy</li><li>Sigmoidoscopy, plus FIT annually</li><li>Colonoscopy</li><li>CT colonography</li></ul>	N/A N/A N/A N/A N/A N/A N/A	N/A N/A N/A N/A N/A N/A N/A	N/A N/A N/A N/A N/A N/A N/A	Annually Annually Every 1-3 years Every 5 years Every 5 years Every 10 years Every 5 years	Annually Annually Every 1-3 years Every 5 years Every 5 years Every 10 years Every 5 years
Screening for smoking, alcohol or drug use <sup>7</sup>	With each HME				
Osteoporosis screen women, men	N/A	N/A	N/A	Women — Baseline <sup>8</sup> Men — Baseline <sup>9</sup>	Women — Baseline <sup>8</sup> Men — Baseline <sup>9</sup>
Depression Screening	With each HME <sup>10</sup>				
U.S. for Abdominal Aortic Aneurysm <sup>11</sup>	N/A	N/A	N/A	N/A	Once
Screening and counseling for interpersonal and domestic violence	Annually				
Lung Cancer Screening <sup>12</sup>	N/A	N/A	N/A	Annually	Annually
Tuberculosis — screen for latent tuberculosis infection (LTBI) in asymptomatic populations at risk <sup>13</sup>	If determined at-risk				

SUGGESTED LABORATORY TEST	18–25 YEARS	26–39 YEARS	40–49 YEARS	50–65 YEARS	65+ YEARS <sup>1</sup>
Lipoprotein Panel	Age 20	Every 5 years	Every 5 years	Every 5 years	Every 5 years
Glucose	Screen if overweight or obese. <sup>14</sup> Repeat every 3 years.				

