

Adult Preventive Health

Preventive health risk assessment and screening test services for non-hospitalized adults include, but are not limited to:

- Hypertension screening (once every two years if normal, every year or more frequently if abnormal),
- Total cholesterol measurement (For females age 45-65 and males age 35-65 once every five years, additional tests based on history),
- Diabetes screening (once, additional tests based on history),
- Mammography (annually after age 40),
- Cervical cytology (annually for sexually active women or age 18-65; after 3 successive normal annual exams the test may be every 3 years),
- Colon cancer screening (digital rectal exam and stool blood test annually after age 50; sigmoidoscopy at age 50 and then every ten years),
- Sexually transmitted disease screenings (at least once during pregnancy, other based on history),
- Rubella serology or vaccination history for women of child bearing age,
- Tuberculosis screening (once, additional testing based on history and Department of Health (DOH) guidelines),
- Immunizations (Refer to Chapter 6: Medical/Surgical Services),
- Prostate screening (digital rectal exam and prostate specific antigen (PSA) annually after age 50, screening is recommended annually for males 40 and older who are at high risk due to immediate family history),
- Weight/height measurements once every two years,
- Physical examinations and periodic health examinations or assessments designed to: Determine risk of disease, provide early detection of disease, detect the presence of injury or disease, establish a treatment plan, and/or evaluate the results or progress of the treatment plan or the disease,
- Health education and counseling concerning drugs, alcohol, smoking, domestic violence, injury prevention, i.e. seat belts, dental health, depression and health promotion including exercise, nutrition and other topics based on history,
- Chemoprophylaxis such as folic acid for pregnant women and women actively trying to become pregnant; counseling for all peri- and post-menopausal women about the potential benefits and risks of hormone prophylaxis.