



Lifestyle/Mental Health

- ☐ **Tobacco use - screening and counseling**
 - ☐ 5 A's model: Ask, Advise, Assess, Assist, Arrange
- ☐ **Alcohol use - screening & counseling**
 - ☐ Alcohol Use Disorders Identification Test–Concise (AUDIT-C)
 - ☐ How often did you have a drink containing alcohol in the past year?
 - ☐ How many drinks did you have on a typical day when you were drinking in the past year?
 - ☐ How often did you have 6 or more drinks on one occasion in the past year?
- ☐ **Drug use - screening and counseling**
- ☐ **STI risk**
 - ☐ Sexual history
- ☐ **Depression**
 - ☐ PHQ-2 +/- PHQ-9 history
 - ☐ Geriatric Depression Scale
 - ☐ Edinburgh Postnatal Depression Scale
- ☐ **Obesity (BMI ≥ 30)**



Immunizations

- ☐ Influenza every year
- ☐ Td/Tdap vaccine every 10 years
- ☐ Zoster vaccine after age 50
- ☐ One or two pneumococcal vaccines at age 65 for average risk
- ☐ Hep A, Hep B, Meningococcal, MMR, VZV are all worth considering in certain populations



Screening Considerations

- ☐ **Hypertension**
 - ☐ 18+ with office blood pressure management
 - ☐ Annually in 40+
 - ☐ Annually with increased risk
 - ☐ Every 3-5 years in 18-39 without risk factors + normal BP reading
- ☐ **Diabetes mellitus/Prediabetes**
 - ☐ 35-70 with BMI ≥ 25
 - ☐ Fasting glucose, A1c, or GTT
 - ☐ Repeat every 3 years if normal
- ☐ **Dyslipidemia**
 - ☐ Every 5 years for ≥ 20 if low CV risk
 - ☐ More frequently if CV risk factors, especially in 40-75
- ☐ **Colorectal Cancer**
 - ☐ 45-75 in average risk
 - ☐ Colonoscopy every 10 years, sDNA-FIT every 3 years
- ☐ **Lung Cancer**
 - ☐ Ages 50-80 years
 - ☐ 20 pack-year smoking history
 - ☐ Currently smoke or have quit within the past 15 years
- ☐ **Hepatitis C**
 - ☐ One time screening for 18-79
 - ☐ Periodic screening for at-risk persons
 - ☐ Pregnant women should be screened every pregnancy
 - ☐ Obtain consent prior to screening
- ☐ **HIV**
 - ☐ 15-65 one time, repeat if increased risk
 - ☐ Screen annually for high-risk
- ☐ **Syphilis**
 - ☐ Screen if increased risk
 - ☐ Pregnant women during pregnancy



Men

- ☐ **Prostate cancer screening**
 - ☐ Shared-decision making in 55-69, individualized follow up
 - ☐ PSA is preferred modality
- ☐ **AAA**
 - ☐ One time US, men 65-75 with smoking history



Women

- ☐ **Intimate partner violence**
 - ☐ All women of reproductive age
- ☐ **Chlamydia/Gonorrhea**
 - ☐ Sexually active women ≤ 24
 - ☐ ≥ 25 at increased risk
- ☐ **Cervical cancer**
 - ☐ 21-29: cytology every 3 years
 - ☐ 30-65
 - ☐ Cytology alone every 3 years
 - ☐ FDA-approved hrHPV testing every 3 years
 - ☐ Co-testing every 5 years
 - ☐ 65+: may discontinue if adequate prior screening except in high risk situations
- ☐ **Breast cancer**
 - ☐ Offer CBE to women 25+ annual or biennial
 - ☐ Offer mammogram 40-50 annual or biennial
 - ☐ Recommend 50+ annual or biennial
- ☐ **Osteoporosis**
 - ☐ DXA in postmenopausal women < 65 with risk factors, ≥ 65 all others