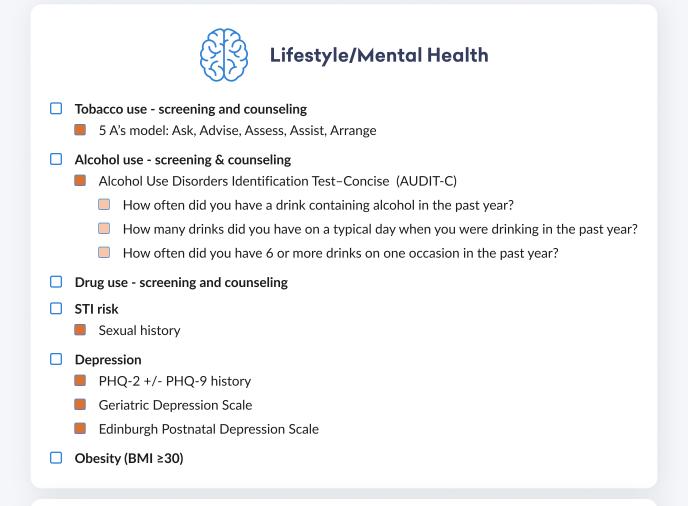
Preventative Care Checklist







Immunizations

Influenza every year
Td/Tdap vaccine every 10 years
Zoster vaccine after age 50
Pneumococcal Conjugate vaccine at age 50 for average risk
Hep A, Hep B, Meningococcal, MMR, VZV are all worth considering in certain populations
Covid-19 vaccine per current CDC guidelines
RSV vaccine per CDC guidelines for pregnant people and age 60+





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





- 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



- 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 5 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
 - Recommend mammogram 40+ annual or biennial
- Osteoporosis
 - DXA in postmenopausal women <65 with risk factors, ≥65 all others</p>