



**BlueCross BlueShield
of Nebraska**

A Non-Profit Mutual Insurance Company and an Independent Licensee of the
Blue Cross and Blue Shield Association.

Preventive Health Guidelines

19 through 39 Years

These recommendations will help you achieve a healthy lifestyle and are intended as an educational reference. They do not replace the clinical judgment of your health care provider.

SCREENING INDICATORS

	19-29 years	30-34 years	35-39 years
Physical exam	every 3 years		
History	as appropriate for interval history		
Height	once		
Weight (or BMI)	every office visit		
Obesity in Adults Screening	Intensive counseling and behavioral interventions to promote sustained weight loss for obese adults		
Blood Pressure	every office visit		
Routine Lipid Disorder Screening: to include Total Cholesterol and HDL	1) Strongly recommends that clinicians routinely screen men aged 35 years and older and women aged 45 years and older for lipid stories. 2) Recommend younger adults, (men aged 20-35 years and women aged 20 to 45 years) for lipid disorders if they have other risk factors for coronary disease		
Aspirin for the Primary Prevention of Cardiovascular Events	Adults at increased risk for coronary heart disease		
Diabetes Mellitus in Adults, Screening for Type 2	In adults with hypertension or hyperlipidemia		
Routine Lipid Disorder Screening: to include Total Cholesterol and HDL	Younger adults with other risk factors for coronary disease.		
Diet, Behavioral Counseling in Primary Care to Promote Health	Adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease		
Depression screening	each visit		
Oral cavity assessment	every 3 years		
Exercise/physical activity assessment	every 3 years		
Substance abuse assessment and counseling: tobacco-alcohol-drug abuse	Tobacco cessation interventions for those who use tobacco. Augmented pregnancy-tailored counseling to pregnant women who smoke		
HIV, Screening	All adolescents and adults at increased risk for HIV infection and all pregnant women.		
Females: Pap smear	Women that are sexually active and have a cervix, pap smear <u>annually</u> or <u>every 2 years</u> using the newer liquid-based Pap Test		
		At age 30 every 3 years (after 3 normal annual Pap smears)	
Clinical Breast exam	Should be part of a periodic health exam, about every 3 years for women in their 20s and 30s		
Breast and Ovarian Cancer Susceptibility, Genetic Risk Assessment and BRCA Mutation Testing	Refer women whose family history is associated with an increased risk for deleterious mutations in BRCA1 or BRCA2 genes for genetic counseling and evaluation for BRCA testing.		
Mammogram			
Calcium intake	every 3 years		
Serology test for rubella	once		
Males: Testicular exam	every 3 years		
Lipid Screening: to include Total Cholesterol and HDL	Younger adults with other risk factors for coronary disease		ages 35 and older

IMMUNIZATIONS – UNLESS CONTRAINDICATED

CONNECT TO CDC for more detail: www.cdc.gov/nip/recs/adult-schedule.htm

Please see **Recommended Up-to-Date Adult Immunization Schedule by Vaccine and Age Group**
Also available Recommended Up-to-Date Adult Immunization Schedule, by Vaccine and Medical and other Indications

ADDITIONAL RECOMMENDED FOR HIGH RISK POPULATIONS

POPULATION	RECOMMENDED GUIDELINES
High-risk sexual behavior	RPR/VDRL; screen for gonorrhea (female), HIV, chlamydia (female); Hep A, Hep B, Hep C screen; annual Pap smear,
Injection or street drug use	RPR/VDRL; HIV screen; Hep A, Hep B, Hep C screen; PPD; advise to reduce infection risk
Low income; TB contacts; immigrants, alcoholics	PPD
Native Americans / Native Alaskans	Hep A; PPD; pneumococcal vaccine; influenza vaccine
Certain chronic medical conditions	PPD; pneumococcal vaccine; influenza vaccine
Blood product recipients	HIV screen; Hep B, Hep C screen
Susceptible to measles, mumps, or varicella	MMR; VAR
Family hx of skin cancer; fair skin, eyes, hair	Avoid excess sun; use protective clothing and sunscreens
Previous pregnancy with neural tube defect	Folic acid 4.0 mg daily (1.0 daily needed in normal risk pregnancies)
College dormitory students	Meningitis vaccine
Chemoprophylaxis – assess cardiovascular disease risk and discuss aspirin to prevent CVD events	Routine screening for younger adults if risk factors for CVD – men ages 20 -35 and women ages 20 to 45 (USPSTF 2005)

INJURY PREVENTION

Document education on the following:	19-29 yrs	30-34 yrs	35-39 yrs
Lap/shoulder belts &/or airbags		once	
Motor vehicle safety while under the influence of alcohol or drugs		once	
Smoke detectors		once	
Violent behavior and firearms		once	
Bicycle/ ATV/ motorcycle safety helmets		once	
Unintended pregnancy		once	
Sports injuries		once	
Passive smoke damage		once	

Vaccinations, screenings and counseling recommendations may not be covered benefits under all Blue Cross and Blue Shield Nebraska plans. Please consult your benefits materials.

References

United States Preventive Services Task Force 2007 www.ahrq.gov/clinic
 Department of Health and Human Services, Centers for Disease Control and Prevention www.cdc.gov
 National Partnership for Immunizations (NPI) www.cdc.gov/nip/recs/adult-schedule.htm
www.cdc.gov/nip/recs/child-schedule.htm
 Advisory Committee on Immunization Practices (ACIP) www.cdc.gov/nip/ACIP/default.htm
 American Academy of Family Physicians (AAFP) www.aafp.org
 American Academy of Pediatrics (AAP) www.aap.org
 National Partnership for Immunization www.partnersforimmunization.org

American Cancer Society www.cancer.org

All Preventive Health Guidelines were updated and approved by Blue Cross and Blue Shield of Nebraska's Quality Improvement Committee. Last Updated March 2008