



**BlueCross BlueShield  
of Nebraska**

A Not-For-Profit Mutual Insurance Company and an Independent Licensee of the  
Blue Cross and Blue Shield Association.

# Preventive Health Guidelines

## *40 Years through 85+ 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

	40-44	45-49	50-64	65-69	70-84	85+ yrs
Physical exam	as appropriate for interval history					
History	every office visit					
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					
Colorectal Cancer Screening	annually both men and women 50 years and older tests that find polyps and cancer: <ul style="list-style-type: none"> <li>• Flexible sigmoidoscopy every 5 years</li> <li>• Colonoscopy every 10 years</li> <li>• Double contrast barium enema every 5 years</li> <li>• CT colonography (virtual colonoscopy) every 5 years</li> </ul> tests that mainly find cancer <ul style="list-style-type: none"> <li>• Fecal occult blood test (FOBT) every year</li> <li>• Fecal immunochemical test (FIT) every year</li> <li>• Stool DNA test (sDNA), interval uncertain</li> </ul>					
Aspirin for the Primary Prevention of Cardiovascular Events	Adults at increased risk for coronary heart 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					
Diabetes Mellitus in Adults, Screening for Type 2	In adults with hypertension or hyperlipidemia					
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					
Oral cavity assessment	every 3 years					
Snellen acuity test	every 3 years					
Hearing assessment	every 3 years					
Depression screening	every office visit					
Exercise/physical activity assess	every 3 years					
Substance abuse assessment and counseling: tobacco-alcohol-drugs	Initial visit and as needed					
<b>Females: Pap smear</b>	every 3 years (after 3 normal annual Pap smears)					
Clinical Breast exam	every annual visit					

SCREENING INDICATORS						
	40-44	45-49	50-64	65-69	70-84	85+ yrs
Mammogram	-Yearly mammogram recommended starting at age 40 and continuing for as long as a woman is in good health.					
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.					
Menopausal symptoms	every 3 years					
Calcium intake	every 3 years					
Osteoporosis in Postmenopausal Women	age 65 and older.					
Aspirin for the Primary Prevention of Cardiovascular Events	women periodically over age 50					
<b>Males:</b> Testicular exam	every 3 years					
Abdominal Aortic Aneurysm Screening	One time screening by ultrasonography in men aged 65 to 75 who have ever smoked.					
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	Men: periodically over age 40					
PSA and Digital Rectal Exam	Offered annually age 50 and older					

## IMMUNIZATIONS – UNLESS CONTRAINDICATED

**CONNECT TO CDC** for more detail: [www.cdc.gov/nip/recs/adult-schedule.htm](http://www.cdc.gov/nip/recs/adult-schedule.htm)

**Please see Recommended Up to-Date Adult Immunization Schedule by Vaccine and Age Group**

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

ADDITIONAL RECOMMENDED GUIDELINES FOR HIGH RISK POPULATIONS	
POPULATION	RECOMMENDED GUIDELINES
Chronic medical conditions; TB contacts; low income; immigrants; alcoholics	PPD
Persons ≥75 yr.; or ≥70 yr. with risk factors for falls	Fall prevention intervention
Osteoporosis in Postmenopausal Women	Women 60 and older at increased risk for osteoporotic fractures.
Cardiovascular disease risk factors	Cholesterol screening
Diabetes Type 2, risk factors or >45 yrs.	Fasting blood glucose test
Family or personal hx of breast cancer	Annual clinical breast exam and mammogram
Family hx of skin cancer; nevi; fair skin, eyes, hair	Avoid excess sun; use protective clothing and sunscreens
Native Americans/Alaska Natives	PPD; Hep A vaccine
Blood product recipients	HIV screen; Hep B
High-risk sexual behavior	Hep A; HIV screen; Hep B; RPR/VDRL, Gonorrhea
Injection or street drug use	PPD; Hep A; HIV screen; Hep B; RPR/VDRL; advice to reduce infection risk
Persons susceptible to Varicella	VAR vaccine
PSA and digital rectal examination	Men at high risk (African-American men and men

	with a strong family of one or more first degree relatives [father, brothers] diagnosed before age 65) should begin testing at age 45
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<b>INJURY PREVENTION</b>						
Document education on the following:	41-44	45-49	50-64	65-69	70-84	85+ yrs
Lap/shoulder belts &/or airbags	once			once		
Motor vehicle safety while under the influence of alcohol or drugs	once					
Smoke detectors	once			once		
Fall prevention				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](http://www.ahrq.gov/clinic)
- Department of Health and Human Services, Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)
- National Partnership for Immunizations (NPI) [www.cdc.gov/nip/recs/adult-schedule.htm](http://www.cdc.gov/nip/recs/adult-schedule.htm)
- [www.cdc.gov/nip/recs/child-schedule.htm](http://www.cdc.gov/nip/recs/child-schedule.htm)
- Advisory Committee on Immunization Practices (ACIP) [www.cdc.gov/nip/ACIP/default.htm](http://www.cdc.gov/nip/ACIP/default.htm)
- American Academy of Family Physicians (AAFP) [www.aafp.org](http://www.aafp.org)
- American Academy of Pediatrics (AAP) [www.aap.org](http://www.aap.org)
- National Partnership for Immunization [www.partnersforimmunization.org](http://www.partnersforimmunization.org)
- American Cancer Society [www.cancer.org](http://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