

# Adult Prevention/Screening

My Prescription for You



Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Today's Height/Weight \_\_\_\_\_ Today's BMI \_\_\_\_\_

Desired Weight \_\_\_\_\_ Desired BMI \_\_\_\_\_

## Cardiac Risk

Last Cholesterol Date \_\_\_\_\_ LDL \_\_\_\_\_ HDL \_\_\_\_\_

Next Cholesterol Date \_\_\_\_\_ TC \_\_\_\_\_ Trig \_\_\_\_\_

Blood Pressure Today \_\_\_\_\_ Using Tobacco Products?  Y  N

Desired Blood Pressure \_\_\_\_\_ Willing to Quit?  Y  N

On Blood Pressure Medications?  Y  N

## Diabetes Screening

All adults who are overweight (BMI greater than or equal to 25) - Repeat every 3 years if normal.

Last Test Date \_\_\_\_\_ Results \_\_\_\_\_

Next Test Date \_\_\_\_\_

## Immunization Assessment

- HPV** – 3 doses for 19-25 year-old females
- Flu** – Annually
- Pneumonia** – Starting at age 65
- Zoster** – At age 60 years or older
- Tetanus Booster** – Every 10 years  
Tdap should replace a single dose of Td for those under age 65 who have not previously received a dose of Tdap.
- Hepatitis B** – Determine need
- Varicella** – Determine need, 2 doses
- Meningococcal** – Determine need
- MMR** – 2nd dose

## Colorectal Cancer Screening

Start Age 50

- Annual Stool Test**
- Sigmoidoscopy** – Every 5 years  
or
- Colonoscopy** – Every 10 years

Check your benefits certificate or coverage manual for specific coverage information or call the customer service number located on your ID Card.

## Counseling/Education Discussed Today

- Nutrition**
- Calcium for Women**
- Folic Acid for Women of Childbearing Age**
- Screen for Smoking, Alcohol, or Substance Abuse**
- Injury Prevention**
- Sexual Health**
- Advanced Directives**
- Mental Health Issues** including depression screening
- Domestic Violence**
- Skin Cancer Prevention**
- Aspirin Therapy** (if appropriate)
- Hormone Replacement Therapy** (if appropriate)

## Women

**Mammogram** – Baseline between 35-40; Every 1-2 Years Age 40-49; Annually Age 50 and Older.

Last Mammogram Date \_\_\_\_\_ Results \_\_\_\_\_

Next Mammogram Date \_\_\_\_\_

**Pap Test and Pelvic** – Every 1-3 Years

Last Pap Test Date \_\_\_\_\_ Results \_\_\_\_\_

Next Pap Test Due \_\_\_\_\_ Chlamydia Screen \_\_\_\_\_

**Osteoporosis Screening**

Last BMD Date \_\_\_\_\_ Results \_\_\_\_\_

Next BMD Date \_\_\_\_\_

- Offer Baseline Bone Mineral Density Post-Menopause** - If normal, rescreen every 2 years up to age 65. If 3 consecutive normal tests, further testing is not necessary.

## Men

- Prostate Cancer Screening** – Discuss options and risks to all men over 50. For African-American men and men with a positive family history, begin discussing options and risks at age 40.

- Ultrasound for Abdominal Aortic Aneurysm** – One time for males 65–75 who have ever smoked.

- Osteoporosis Screening** – Periodically assess risk factors for osteoporosis in men older than 65, and screen those at increased risk if a candidate for drug therapy.

Provider Signature \_\_\_\_\_ Date \_\_\_\_\_