

United Healthcare

Preventive Care Guidelines for Healthy Children, Adolescents and Adults

The content posted here is a partial listing of preventive services recommended in the Guide to Clinical Preventive Services, 2nd Edition, 1996, published by the United States Preventive Services Task Force. The United States Preventive Services Task Force revised these guidelines in 1998, and has made additional recommendation updates in the 3rd Edition, 2000-2003. You can access the complete [Guide to Clinical Preventive Services](#) via the Internet on the Agency for Healthcare Research and Quality website. Alternatively, you may obtain the text version of the guidelines in the publications Guide to Clinical Preventive Services and Clinician's Handbook for Preventive Services for a small charge by contacting the Government Printing Office and requesting publication number APPIP98-0062 (AHQR Publications Clearinghouse, P.O. Box 8547, Silver Spring, MD 20907. Phone: 1-800-358-9295, E-mail: ahrqpubs@ahrq.gov).

UnitedHealthcare has adopted the following preventive care guidelines based on the recommendations of the U.S. Preventive Services Task Force. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. The U.S. Preventive Services Task Force also now recognizes the Childhood, Adolescent, and Adult Immunization Schedules of the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC).

Guidelines are clinical recommendations to physicians, based upon the likelihood that a defined intervention will improve health outcomes. This contrasts with a coverage decision, which is the decision pertaining to which procedures or treatments will be reimbursed under our benefit documents. Coverage decisions are frequently more liberal than clinical recommendations; they are never more stringent. For example, mammography guidelines recommend mammography every 1-2 years, beginning at age 40. By contrast, UnitedHealthcare covers mammograms annually, without regard to age. Prostate specific antigen (PSA) screening for prostate cancer is not recommended by the USPSTS as a universal screening test; however, UnitedHealthcare covers this test. Benefit coverage for preventive services for UnitedHealthcare members is governed by the language in the member benefit document. Members are advised to review the benefit document before seeking care.

[Preventive Care Guidelines for Healthy Adults 25-64 years old](#)

[Preventive Care Guidelines for Healthy Adults 65 years and older](#)

[Preventive Care Guidelines for Pregnant Women](#)

Preventive Care Guidelines for Adults 25-64 years old, including but not limited to

Screening	Frequency
Height/weight	Periodically*
Blood Pressure	Periodically*
Cholesterol screening	Total blood cholesterol and high density lipoprotein (HDL-C) periodically* Males age 35 and up Females age 45 and up Screening for younger adults if they have other risk factors for coronary heart disease: Males ages 20 - 34 Females ages 20 - 45 (This differs from the National Cholesterol Education Program (NCEP) Adult Treatment Panel III (ATP III) recommendation of testing all adults aged 20 years or older once every five years. The NCEP/ATP III report can be accessed at: http://www.nhlbi.nih.gov/guidelines/cholesterol/atp_iii.htm).
Type 2 diabetes	Periodically* - screening in adults with hypertension or hyperlipidemia.
Fecal occult blood test	Annually* beginning at age 50
Sigmoidoscopy	Every 3 to 5 years beginning at age 50
Clinical breast exam	Annually - females between ages 40-64
Mammogram	Every 1-2 years - females between ages 40-64
Papanicolaou (Pap) test	At least every 3 years for females who have a cervix.
Chlamydia screening	Sexually active females age 25 and younger and others at high risk for infection
Problem drinking screening	Periodically* - all adults
Depression screening	Periodically*
Osteoporosis screening	Routine* - females between ages 60-64 who are at increased risk of osteoporotic fractures
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* Frequency should be discussed with your physician.

Immunizations	Frequency
Rubella serology or vaccination history	Recommended once for all females of child-bearing age
Tetanus-diphtheria (Td)	Boosters every 10 years, or as recommended*
Influenza	Annually beginning at age 50 and for all those with risk factors.

Varicella

2 doses, given at 4 weeks apart for susceptible individuals

*Frequency should be discussed with your physician.

Below is a list of topics to be discussed periodically* with a physician.

Other Preventive Measures

Hormone replacement therapy, peri- and postmenopausal females. (The U.S. Preventive Services Task Force (USPSTF) released the following change in recommendations subsequent to the reported findings from the Women's Health Initiative study. 1) The USPSTF "recommends against the routine use of estrogen and progestin for the prevention of chronic conditions in postmenopausal women"; 2) The USPSTF "concludes that the evidence is insufficient to recommend for or against the use of unopposed estrogen for the prevention of chronic conditions in postmenopausal women who have had a hysterectomy.")

Aspirin chemoprevention in adults who are at increased risk for coronary artery disease

Breast cancer chemoprevention for women who are at high risk for the disease

Diet

Intensive behavioral dietary counseling for adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease.

Adequate calcium intake for women

Multivitamins with folic acid - females (planning/capable of pregnancy)

Substance Use

Avoid alcohol/drug use

Avoid tobacco use

Sexual Behavior

Unintended pregnancy - contraception

Sexually Transmitted Disease (STD) prevention

Avoiding high-risk behavior

Injury Prevention

Lap and shoulder seat belts

Bicycle/motorcycle/ATV helmets - safety

Smoke detector

Safe firearm handling

Set hot water heater temperature lower than 120°-130°F

CPR training for parents/caregivers

Drowning

Poisoning

Falls

Dental Health

Regular dental visits

Floss, brush and fluoride

Preventive Care Guidelines for Healthy Adults 65 years and older, *including but not limited to*

Screening	Frequency
Height/weight	Periodically*
Blood Pressure	Periodically*
Total blood cholesterol and high density lipoprotein cholesterol (HDL-C)	Periodically* (This differs from the National Cholesterol Education Program (NCEP) Adult Treatment Panel III (ATP III) recommendation of testing all adults aged 20 years or older once every five years. The NCEP/ATP III report can be accessed at: http://www.nhlbi.nih.gov/guidelines/cholesterol/atp_iii.htm).
Type 2 diabetes	Periodically* - screening in adults with hypertension or hyperlipidemia.
Papanicolaou (Pap) test	At least every 3 years for females with a cervix through age 65. Routine cervical cancer screening is not recommended for females older than age 65 if they have had adequate recent screening with normal Pap smears and are not otherwise at risk for cervical cancer.
Fecal occult blood test	Annually*
Sigmoidoscopy	Every 3 to 5 years
Clinical breast exam	Annually - Females
Mammogram	Every 1-2 years - Females
Vision screening	Annually
Hearing Assessment	Periodically*
Problem drinking screening	Periodically* - all adults
Depression screening	Periodically*
Osteoporosis screening	Routine*

* Frequency should be discussed with your physician.

Immunizations	Frequency
Tetanus-diphtheria (Td)	Boosters every 10 years or as recommended*
Influenza	Annually
Pneumococcal	Administered one time to all people whose immune systems have not been compromised. Revaccination is recommended in 5 years for high-risk individuals

*Frequency should be discussed with your physician

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Other Preventive Measures

Hormone replacement therapy, peri- and postmenopausal females. (The U.S. Preventive Services Task Force (USPSTF) released the following change in recommendations subsequent to the reported findings from the Women's Health Initiative study. 1) The USPSTF "recommends against the routine use of estrogen and progestin for the prevention of chronic conditions in postmenopausal women"; 2) The USPSTF "concludes that the evidence is insufficient to recommend for or against the use of unopposed estrogen for the prevention of chronic conditions in postmenopausal women who have had a hysterectomy.")

Aspirin chemoprevention in adults who are at increased risk for coronary artery disease

Breast cancer chemoprevention for women who are at high risk for the disease

Diet

Intensive behavioral dietary counseling for adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease.

Adequate calcium intake for women

Substance Use

Avoid alcohol/drugs

Avoid tobacco use

Sexual Behavior

Sexually Transmitted Disease (STD) prevention

Avoiding high-risk behavior

Injury Prevention

Lap and shoulder seat belts

Bicycle/motorcycle/ATV helmets - safety

Safe firearm handling

Smoke detectors

Set hot water heater temperature lower than 120° - 130° F

CPR training for household members/caregivers

Falls

Dental Health

Regular dental visits

Floss, brush and fluoride

*Frequency should be discussed with your physician.

Preventive Care Guidelines for Pregnant Women, *including but not limited to*

First Visit

Blood Pressure

Hemoglobin and hematocrit

Hepatitis B surface antigen

RPR/VDRL

Chlamydia screen for all women under the age of 25 and others at high-risk for infection

Rubella serology or vaccination history

D(Rh) typing, antibody screen

Multivitamin with folic acid - beginning at least one month before conceptions and continuing through the first trimester

Offer chorionic villus sampling - CVS (pregnancy under 13 weeks) or amniocentesis (pregnancy 15-18 weeks) for women 35 years of age and over

Assess for problem or risk drinking

Offer HIV screening

Offer hemoglobinopathy screening

Follow-up visits

Blood pressure

Urine culture

Offer amniocentesis (pregnancy 15-18 weeks) for women 35 years of age and over

Offer multiple marker testing

Offer serum alpha-fetoprotein

Below is a list of topics to be discussed periodically* with a physician.

Counseling

Tobacco cessation and effects of passive smoking

Alcohol and other drug use

Nutrition, including adequate calcium intake

Lap and shoulder seat belts

Encourage breastfeeding

Infant safety car seats

Sexually transmitted disease (STD) prevention: use of condoms and avoid high-risk behavior