



Blue Cross and Blue Shield
of New Mexico

2009 Preventive Care Guidelines Summary

For Healthy Adults

The shaded areas show the age range in which the service is needed.

| Age | 18 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70* | 75 and up | |
|---------------------------|---|---|--|----|--|--|----|--|---|----------|---|-----------|--|
| For men AND women: | | | | | | | | | | | | | |
| Blood pressure | Have your blood pressure checked at least every 2 years. A healthy blood pressure is less than 120/80. People with high blood pressure should be tested for diabetes. | | | | | | | | | | | | |
| Body Mass Index (BMI) | Find out your BMI. If your BMI is over 25, talk to your doctor about your health risks and if you should be screened for diabetes. | | | | | | | | | | | | |
| Tobacco use | If you smoke or use tobacco, talk to your doctor about quitting. | | | | | | | | | | | | |
| Colon cancer | | | | | | | | | You should be screened for colon cancer. If you have a family history or other risk factors, you should be screened earlier. You and your doctor can discuss the different screening options. | | | | |
| Other screenings | Depending on your age, sex, and other factors, your doctor may advise additional screening exams or tests for other kinds of cancer. | | | | | | | | | | | | |
| For women: | | | | | | | | | | | | | |
| SCREENING | Cholesterol | Talk to your doctor to learn if earlier screening is recommended for you. | | | | Women at average risk for heart disease should check their cholesterol at least every 5 years. | | | | | | | |
| | Mammography | | | | | Have a mammogram every 1 to 2 years. | | | | | After age 70, discuss with your doctor. | | |
| | Breast exam by physician | | Every 3 years until 40, then annually. | | | | | | | | | | |
| | Pap test | Discuss with your doctor how often you should have this test. You should have a Pap test every 1 to 3 years unless you've had a hysterectomy. | | | | | | | | | | | |
| | Chlamydia | Periodic | ← Women age 25 or younger (or with risk factors) should be screened. | | | | | | | | | | |
| | Osteoporosis | | | | | | | | | | Screening usually begins at age 65. Some women need to start earlier. | | |
| | For men: | | | | | | | | | | | | |
| VACCINE | Cholesterol | Ask your doctor if earlier screening is recommended for you. | | | Men without cardiac risk factors should have their cholesterol checked at least every 5 years beginning at age 35. | | | | | | | | |
| | Prostate cancer screening discussion | | | | | | | Discuss the risk and benefits of prostate screening with your doctor annually. | | | | | |
| | Abdominal aortic aneurysm ultrasound | | | | If you smoke or have ever smoked, ask your doctor if this test is right for you. → | | | | | One time | | | |
| | Tetanus-diphtheria-pertussis (Td or Tdap) booster | You should get a Td or Tdap booster every 10 years. | | | | | | | | | | | |
| COUNSELING | Pneumococcal vaccine | | | | | | | | Most people need just one dose. Some need a repeat dose after 5 years. | | | | |
| | Influenza vaccine | Some people need flu vaccines at earlier ages. | | | | | | Annually | | | | | |
| | Zoster vaccine | | | | | | | Shingles vaccine (once). | | | | | |
| COUNSELING | Improving health | <ul style="list-style-type: none"> • If you engage in harmful behaviors such as alcohol/drug abuse, unsafe sex, domestic violence, or behaviors that put you or others at risk for infection or injury, your doctor can provide important recommendations. • Discuss your needs for dental, vision, and hearing care with your doctor. • Discuss breast or testicular self-exams with your doctor. • You can improve your health if you work with your doctor to understand healthful nutrition and exercise, the importance of using seat belts and motorcycle helmets, and the need to use sunscreen and UV protective eyewear. • If you have children, protect them from firearms and tobacco smoke exposure, and learn to use car seats correctly. | | | | | | | | | | | |
| | Preventive medications | <ul style="list-style-type: none"> • Women of childbearing age should ask their doctors about taking folic acid. • If you are 50 or older, or have risk factors for heart disease, ask your doctor about daily aspirin therapy. | | | | | | | | | | | |

These guidelines are adapted from the recommendations of national organizations (See: www.ahrq.gov/clinic/pocketgd.htm, www.aafp.org, www.aap.org). They apply only to adults at average risk for disease. Adults at higher risk may need additional care; consult your physician. Some actions may be recommended, but may not be covered as a benefit in your specific health plan. To learn if a service is covered, call the customer service number on your ID card.

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