

RECOMMENDED SCREENINGS

RECOMMENDED SCREENINGS & IMMUNIZATIONS TO KEEP YOU HEALTHY							
AGE	18+	30	40	50	60	70	80+
Breast Cancer (for women)				Beginning at age 50, have a mammogram every 1 to 2 years, up to age 74.			
Cervical Cancer (for women)	Have a Pap test every 1 to 3 years starting at age 21. Beginning at age 30, have a Pap and HPV test every 5 years up to age 64.						
Colorectal Cancer				Beginning at age 50, have a colonoscopy every 10 years, a flexible sigmoidoscopy or a CT colonography every 5 years, or a DNA stool test every 3 years and/or a fecal occult blood test every year up to the age of 75.			
Diabetes	<p>B/P: Have your blood pressure checked every year. Your goal is to be 139/89 or lower.</p> <p>HgbA1c: Have your HgbA1c checked every year. Goal is to be less than 9% for control; less than 7% is the best.</p> <p>Kidney Protection: Have a urine test performed every year and/or talk to your provider about taking an angiotensin receptor blocker (ARB) or an ACE inhibitor medication if indicated. (Some examples: Cozaar or Lisinopril)</p> <p>Retinal Eye Exam: Have a dilated retinal eye exam by an eye care provider every 1 to 2 years.</p>						
HIV and other STD's	Get tested for HIV and other STD's if you have had unprotected sex, are pregnant, or have any other reason to think you may be at risk. Have a yearly chlamydia test if you're between ages 16 and 24 and are sexually active.						
Hypertension	Have your blood pressure checked every year. Your goal is to be 139/89 or lower for individuals 18-85 years of age.						
Immunizations	Get an annual flu shot. Get a tetanus diphtheria booster shot every 10 years. Get a pneumonia shot once after age 65.						
Osteoporosis				Call and tell your provider if you break any bones. Your provider might want to have a painless test ordered to see how strong your bones are. Beginning at age 65, talk to your provider about having a bone mineral density (BMD or DEXA Scan) test.			
Weight Management	Have your height, weight and body mass index (BMI) calculated annually.						

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Prepared by Quality, Strategy and Performance Operations; UnitedHealthcare – Nevada
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