

Clinical Preventive Services for Normal-Risk Adults

Recommended by the U.S. Preventive Services Task Force

Years of Age ►	Range of Recommended Ages											
	18	25	30	35	40	45	50	55	60	65	70	75
▼ SCREENING												
Blood Pressure, Height, and Weight	Periodically											
Obesity	Periodically											
Cholesterol	Men: Every 5 Years											
	Women: Every 5 Years											
Pap Smear	Women: Every 1 to 3 Years											
Chlamydia												
Mammography	Every 1 to 2 Years											
Colorectal Cancer*	Depends on Test											
Osteoporosis	Routinely											
Alcohol Use	Periodically											
Vision, Hearing	Periodically											
▼ IMMUNIZATION												
Tetanus-Diphtheria (Td)	Every 10 Years											
Varicella (VZV)	Susceptibles Only-Two Doses											
Measles, Mumps, Rubella (MMR)	Women of Childbearing Age-One Dose											
Pneumococcal	One Dose											
Influenza	Yearly											
▼ CHEMOPREVENTION												
Assess cardiovascular disease risk and discuss aspirin to prevent CVD events	Men: Periodically											
	Women: Periodically											
▼ COUNSELING												
Calcium Intake	Women: Periodically											
Folic Acid	Women of Childbearing Age											
Breastfeeding	Women After Childbirth											
Tobacco cessation, drug and alcohol use, STDs and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy	Periodically											

Upper Age Limits Should Be Individualized For Each Patient

* See www.preventiveservices.ahrq.gov for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.

