



Blue Cross and Blue Shield
of New Mexico

2007-2008 Adult Preventive Health Guidelines

Health Care Professionals Edition

A summary of recommended preventive care for adults at average risk

Years of Age		18	25	30	35	40	45	50	55	60	65	70*	75 and up*
For men AND women:													
Blood pressure	Blood pressure should be checked periodically. Normal blood pressure is 120/80 or less. Patients with hypertension should be screened for diabetes.												
Obesity	Counseling and/or referral for overweight (BMI>25) and obesity (BMI>30). See CPI page at www.nmms.org.												
Tobacco use	Screen all patients for tobacco use. Offer counseling, referral, medication based on readiness to quit.												
Colon cancer													Screen every 1 to 10 years depending on method and risk factors. Refer to CPI guidance at www.nmms.org.
Rectal exam													Some authorities recommend an annual clinical rectal exam.
Other screenings	Some authorities recommend periodic screening for thyroid, mouth, skin, ovarian, testicular, and lymphatic cancer.												
For women:													
Cholesterol	Earlier screening if at higher risk for CAD.					For women at average risk, check cholesterol at least every 5 years.							
Mammography													Every 1 to 2 years until age 50, then annually.
Pap test	Every 1 to 3 years. Not indicated if uterus and cervix removed for non-cancer causes.												
Chlamydia	Periodic	← Women age 25 or younger (or with risk factors) should be screened.											
Osteoporosis													Start at age 65, 60 with risk factors.
Breast exam													Some authorities recommend an annual clinical breast exam.
For men:													
Cholesterol	Earlier screening if at higher risk for CAD.				For men at average risk, check cholesterol at least every 5 years.								
Prostate cancer screen discussion													Yearly consideration of options. In the absence of consensus on optimal screening method, individualize to the patient.
Abdominal aortic aneurysm ultrasound													One time for men who have ever smoked.
Tetanus, diphtheria +/- pertussis (Td or Tdap) booster	Every 10 years following last booster of Td or Tdap.										See cdc.gov/nip for guidance if did not receive prior DTaP as a child.		
Pneumococcal vaccine	Higher risk individuals may need earlier. Refer to CPI guidance at www.nmms.org.										Once; if vaccine given at age <65, give 2nd dose 5 yrs later.		
Influenza vaccine	Higher risk individuals may need earlier.							Annually					
Health issues as appropriate	<ul style="list-style-type: none"> Reducing harmful behaviors: alcohol/drug abuse, domestic violence, unsafe sex, or behaviors that put patient and others at risk for infection or injury. Obtaining needed dental, vision, and hearing care Other topics: healthy eating and exercise; using seat belts and motorcycle helmets; the use of car seats for infants and toddlers; using sunscreen and UV protective eyewear; firearm safety; and tobacco exposure around children. 												
Preventive medications	<ul style="list-style-type: none"> Counsel women of childbearing age about taking folic acid. Counsel people with risk factors for heart disease about daily aspirin therapy. 												

* Upper age limits of these recommendations must be individualized for each patient, based on a balance of benefits and harms.

Recommendations are based on nationally recognized guidelines and recommended by BCBSNM and Blue Medicare PPOSM as appropriate for average-risk persons. Recommendations in boldface are from US Preventive Services Task Force or represent the consensus of most authorities.

Adopted from the Agency for Healthcare Research and Quality Guide to Clinical Preventive Services (www.ahrq.gov/clinic/pocketgd.htm)
Some health services referenced in these guidelines (e.g., dental) may not be covered benefits under the terms of a patient's specific medical health plan. The information presented is intended for the use of an expert audience. If you are not a health care professional, you should seek assistance from a health care professional in interpreting these materials and applying them in individual cases.