

Preventive Care Guidelines Summary

For Healthy Adults

The gray shaded areas show the age range when the service is needed.

	18	25	30	35	40	45	50	55	60	65	70	75 AND U
For Men And Women:	<u> </u>											-
Blood Pressure	Blood pressure should be checked at least every 2 years. People with high blood pressure should be tested for diabetes.											
Body Mass Index (BMI)	If BMI is o	ver 25, disci	uss health ris	ks and scree	n for diabe	tes.						
Tobacco Use	Ask about	tobacco use	. Discuss opt	tions for quit	tting.							
Colon Cancer							Screen for risk factors	colon cance s, screen ear	r. If your pa lier. Discuss	ntient has a fa s screening o	amily histor ptions.	ry or other
Other Screenings	Depending	g on age, se	x and other fa	actors, provi	der may adv	ise additiona	al screenings	or tests for	other kinds	of cancer.		
Tetanus-Diphtheria-Pertussis (Td or Tdap) Booster	Tdap booster once, and then a Td booster every 10 years.											
Pneumococcal Vaccine											e need just o a repeat do	one dose. se after 5 years.
Influenza Vaccine	Annually											
Zoster Vaccine									Shingles v	accine (once)	
Other	Some adu	lts need an	additional m	easles, mum	ps and rub	ella (MMR) (or chicken p	ox vaccine.				
		of using seat belts and motorcycle helmets and the need to use sunscreen and ultraviolet (UV) protective eyewear. If they have children, discuss protection from firearms and tobacco smoke exposure, and how to use car seats correctly. Discuss taking folic acid with women of childbearing age. For men 45 or older or women age 55 or older, who have risk factors for heart disease, discuss daily aspirin therapy.										
Preventive Medications	• Discuss t	aking folic a	icid with won	nen of childb	nearing age	nd tobacco sr	noke exposu	ire, and hov	to use car :	séats correctl	у.	
Preventive Medications For Men:	• Discuss t	aking folic a	icid with won	nen of childb	nearing age	nd tobacco sr	noke exposu	ire, and hov	to use car :	séats correctl	y.	
	• For men	aking folic a 45 or older	or women a	nen of childh ge 55 or oldd Men withd	pearing age er, who hav out cardiac	nd tobacco sr	for heart di	re, and hov sease, discu	to use car :	seats correctl rin therapy.	у.	
For Men:	• For men	aking folic a 45 or older eening is re	or women a	nen of childh ge 55 or oldd Men withd	pearing age er, who hav out cardiac	nd tobacco sr e risk factors isk factors sh	for heart di nould have thage 35.	re, and how sease, discu heir choleste	ss daily aspi rol checked	seats correctl rin therapy.		
For Men: Cholesterol Prostate Cancer	• For men Earlier scr for men w	aking folic a 45 or older eening is re ith risk facto	or women a	nen of childk ge 55 or old Men withc at least ev	pearing age er, who hav out cardiac ery 5 years	e risk factors isk factors sh	for heart di nould have thage 35.	sease, discu	ss daily aspi rol checked	séats correctl rin therapy.		
For Men: Cholesterol Prostate Cancer Screening Discussion Abdominal Aortic	• For men Earlier scr for men w	aking folic a 45 or older eening is re ith risk facto	commended	nen of childk ge 55 or old Men withc at least ev	pearing age er, who hav out cardiac ery 5 years	e risk factors isk factors sh	for heart di nould have thage 35.	sease, discu	ss daily aspi rol checked	rin therapy.		
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For Men: Cholesterol Prostate Cancer Screening Discussion Abdominal Aortic Aneurysm Ultrasound For Women:	• For men Earlier scr for men w This test m	eening is re ith risk facto	commended ors.	Men withc at least ev	pearing age er, who have out cardiac ery 5 years or have ever	e risk factors isk factors sh beginning at smoked. Women at cholesterc	for heart diagonal for heart dia	e risks and be patient annuage risk for least every	ss daily aspi rol checked renefits of p ally.	rin therapy. rostate scree One time	ning e their	Advise patiafter age 74
For Men: Cholesterol Prostate Cancer Screening Discussion Abdominal Aortic Aneurysm Ultrasound For Women: Cholesterol	• For men Earlier scr for men w This test m	eening is re ith risk factor and be right eening is reactors.	commended ors.	Men withcat least evi	oearing age er, who hav out cardiac ery 5 years or have even Mammog your patie	e risk factors si beginning at smoked. Women at cholesterc rams are recont about when	for heart discould have the age 35. Discuss the with your above-averal checked at the age to have the age to	e risks and by age risk for least every 1 to 2 ye first mamn	rol checked enefits of plaily.	rin therapy. rostate scree One time e should hav	ning e their	
For Men: Cholesterol Prostate Cancer Screening Discussion Abdominal Aortic Aneurysm Ultrasound For Women: Cholesterol Mammography	• For men Earlier scr for men w This test m	eening is reith risk factors.	commended ors.	Men withcat least even	oearing age er, who have out cardiac it ery 5 years or have ever Mammog your paties	isk factors shoeginning at whomen at cholester contrabout whe erry 3 to 5 years.	for heart discould have the age 35. Discuss the with your above-aver oil checked at the age and to have the age and to have the age and to have the age and the age and the age and the age and the age age age age age age age age age ag	e risk for least every 1 to 2 ye first mamn	rol checked enefits of plaily.	rin therapy. rostate scree One time e should hav	ning e their	

These guidelines are adapted from the recommendations of national organizations (**ahrq.gov, aafp.org**). They apply to adults at average risk for disease. Adults at higher risk may need additional care; ask your provider. 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 Member Services number on your ID card.

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