



When it comes to patient care HPSJ is on your team. We understand that preventive health care is about improving quality of life. This quick reference guide is here to help you reach those goals with your patients.

Giving our members access to quality health care

	21 to 39	40 to 49	50 to 65	65 and Older
History & Physical				
Initial Health Visit		Within 120 days of enrollment		
History and Physical Exam		Every 1 to 3 years		Every year
Blood pressure, Weight, and Height Check		With every history and physical		
"Staying" Healthy Assessment		Every 3-5 years		
Vision, Hearing, and Dental Exam		With referral		
Digital Rectal Exam	None	With every history and physical		
Labs and Tests				
Ultrasound for Abdominal Aortic Aneurysm		None		*See below
Fecal Occult Blood	None		Every year	
Sigmoidoscopy	None		Every 3 to 5 years	
Colonoscopy	None		Every 10 years	
Cholesterol Screening		As needed		
TB Screening		For high risk or for health care workers, and leaving country		
Hepatitis C Screening		None	At least time if born between 1945 to 1965	
Chlamydia	Every year if high risk			
HIV and other STD's	Based on risk assessment			
Immunizations				
Influenza		Every Year		
Tetanus, diphtheria, pertussis (Tdap)		1 dose with booster every 10 years & 1 dose in 3rd trimester of each pregnancy		
Shingles (Zoster)		None		
Pneumococcal		1 dose		1 dose
Meningococcal		1 or 2 doses		
Measles, mumps, rubella (MMR)		1 or 2 doses		
Human papillomavirus		Women: 3 doses 19 to 26 years Men: 3 doses 19-21 years AND 22-26 years		
Chickenpox (Varicella)		2 doses		
Hepatitis A		2 doses		
Hepatitis B		3 doses		
Haemophilus influenza type b (Hib)		1 or 3 doses		
For Women				
Pelvic Exam	1 to 3 years		Every year	
PAP		1 to 3 years**		None
Mammogram and Breast Exam			Every year	
Bone density test				Once

 →  Change in recommendation at age group

*At 65 with history of smoking/tobacco use, to be completed only once.

**Every 3 years if low risk (history of 2 normal PAP smears).

Annual PAP if on birth control

Source: CDC Immunization Schedules for all Ages. Summary of Recommendations for Clinical Preventive Services, American Academy of Family Physicians

This material can be provided in larger font and/or other languages. Please call (888) 936-PLAN (7526).