

Health Plan of San Joaquin

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.



Screening Recommendations	21 to 39	40 to 49	50 to 65	65 and Older
Initial Health Visit	Within 120 days of enrollment			
History and Physical Exam	Every Year			
Blood pressure, Weight, and Height Check	With Every History and Physical			
Alcohol misuse screening and counseling	Recommended			
Drug misuse screening and counseling	Recommended			
Depression Screening	Recommended			
Obesity	Recommended			
Tobacco Use Screening	Recommended			
HIV Infections	Recommended			If at risk
Syphilis	If at risk			
Tuberculosis	If at risk			
BRCA Gene Screening	Talk to Doctor about risks (e.g. family history of breast or ovarian cancer)			
Chlamydia and Gonorrhea	Consult Doctor			
Intimate Partner Violence	Childbearing-aged women			
Cervical Cancer	Pap smear every 3 years, or every 5 years with HPV co-testing starting at age 30			
Abnormal Glucose/Diabetes		If overweight or obese		
Hepatitis C Screening		If at risk		
Colorectal Cancer		Recommended		
Breast Cancer		Biennial Screening		
Lung Cancer Screening			If at risk	
Osteoporosis		If at risk		
Abdominal Aortic Aneurysm				If an "ever smoker"
Preventive Therapies				
Primary Prevention of Breast Cancer		If at risk		
Folic Acid Supplementation	If capable of conceiving			
Statins for Primary Prevention of CVD		If at risk		
Aspirin for Primary Prevention of CVD and Colorectal Cancer		If at risk		
Fall Prevention in Community-dwelling Older Adults			If at risk	
Immunizations				
Influenza	One dose annually			
Tetanus, diphtheria, pertussis (TDAP)	1 dose Tdap, the Td booster every 10 years			
Shingles (Zoster)			2 doses	
Pneumococcal Polysaccharide				1 dose
Pneumococcal Conjugate				1 dose
Meningococcal B		If at risk		
Meningococcal A, C, W, Y		If at risk		
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			
HPV (Female)	2 or 3 doses depending on age at initial vaccination 19-26 yrs			
HPV (Male)	2 or 3 doses depending on age at initial vaccination 19-21 yrs			
Chickenpox (Varicella)	2 doses (if born in 1980 or later)			
Hepatitis A		If at risk		
Hepatitis B		If at risk		
Hepatitis C (HCV)		If at risk		
Haemophilus influenza type b (Hib)		If at risk		
Counseling Recommendations				
Sexually Transmitted Infection		If at risk		
Diet/Activity for CVD		If at risk		
Skin Cancer	If at risk			
Recommended for Women Only	Recommended for Men Only		Recommended for all Adults	

* CVD=Cardiovascular Disease

Sources: USPSTF Recommended Adult Preventive Health Care Schedule Grade A and B 2020, CDC Recommended Adult Immunizations 2020