

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	Screening in all sexually active women 24 years or younger and in women 25 years or older who are at increased risk for infection			
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		Recommended		
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 and COVID-19	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 influenzae 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			
Weight		BMI 18.5 - 29.9 kg/m ²		
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 2022, CDC Recommended Adult Immunizations 2022