

My Choices for a Healthier Me™ Ages 25-64 Years

The U.S. Preventive Services Task Force has developed the recommendations for adult health services beginning at age 25. The Task Force includes the age of adolescents until 25, but United Healthcare Community Plan includes adolescent recommendations for young adults up through age 20 years as part of the TennCare Kids program. Please discuss the risk factors with your primary care provider to find out which screenings may be right for you.

Screening/Labs

- Blood pressure - Adults aged 18 to 39 years with normal blood pressure (<130/85 mm Hg) who do not have other risk factors should be rescreened every 3 to 5 years.
- Height and weight periodically
- Routine depression screening including pregnant or postpartum women
- Total blood cholesterol (TC) and High-density lipoprotein cholesterol (HDL-C):
Routine screening for:
 - Men ages 35 and older
 - Women ages 45 and older

Routine screening for younger adults if they have other risk factors for coronary heart disease such as tobacco use, diabetes, family history of heart disease, high cholesterol, and high blood pressure:

- Men ages 20 to 35
 - Women ages 20 to 45
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- Pap test (females) - The American Academy of Pediatrics recommends a pap smear for young women beginning within 3 yrs. of onset of sexual activity, or age 21, whichever comes first. For adult women between the ages of 21-65, please follow the USPSTF guidelines and check with your primary care provider to see if you should get this test.
 - Fecal occult blood test and/or sigmoidoscopy for men and women age 50 years and older. Or test at an earlier age if at high risk.
 - Chlamydia screen if sexually active and at a higher risk for infection. Risk factors for Chlamydia include having multiple sex partners and having had an STD in the past. Chlamydia screening is covered annually for those under 29 yrs of age and your primary care provider feels that you need the Chlamydia screening.
 - Also, not using condoms all the time and in the right way increases risk.
 - Gonorrhea screening for all sexually active women and men who are at a high risk. HIV screening for all adults at a high risk.
 - Syphilis screening for all persons at a high risk.
 - Screening for type 2 diabetes in adults for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese.
 - Breast Cancer screening - It is suggested that mammography screenings for women aged 50 to 74 years should occur every other year. The decision to start these mammography

screenings before the age of 50 years should be an individual one and take patient context into account. Please check with your primary care provider regarding mammograms beginning at age 40. Mammography screenings are covered a minimum of:

- once if you are between 35–40yrs;
 - every two years or more frequently if your primary care provider feels you need the screening and you are between 40–50 yrs;
 - and annually if you are 50yrs and older.
- Osteoporosis screening for women (65 years and older) at a high osteoporotic fracture risk.

Discuss if family history ties to higher risk for genetic link to breast cancer. This is to determine referral for genetic counseling and evaluation for BRCA testing.

Diet and Exercise

- Achieve and maintain a healthy weight.
- Limit fat and cholesterol. Keep a balanced diet and watch calories. Emphasize grains, fruits and vegetable.
- Take a good amount of calcium (for females). Get regular physical activity.
- Counseling on diet for adults with high cholesterol and other known risk factors for heart disease. Also for other diet-related chronic disease.

Counseling Injury Prevention

- Lap/shoulder belts
- Motorcycle/bicycle/ATV helmets
- Safe storage/removal of firearms
- Smoke detector
- For parents who smoke, the effects of smoking on children's health.

Substance Use

- Tobacco cessation
- Avoid alcohol/drug use while driving, swimming, and boating, etc.

Sexual Behavior

- Prevent STDs – abstain from sex and avoid risky behavior. Use condoms or female barrier with spermicide.
- Unplanned pregnancy: birth control.

Drug Therapy

- Take a multi-vitamin with folic acid. This is for females who plan to be or are capable of getting pregnant.

- Aspirin therapy for adults at a higher risk for coronary heart disease (men over age 45, postmenopausal women). Younger people with risk factors: high cholesterol, hypertension, diabetes, and smoking. Discuss the benefits and harms of therapy with your primary care provider before taking aspirin.

Immunizations

Recommended shots for adults, when indicated, may include:

- Tetanus diphtheria and pertussis
- Hepatitis A
- Hepatitis B
- HPV
- Influenza (annually)
- Measles, Mumps and Rubella
- Meningococcus
- Pneumococcal
- Varicella
- Herpes Zoster