

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 - The USPSTF recommends screening for high blood pressure in adults aged 18 years or older. Routine depression screening including pregnant or postpartum women
- Dyslipidemia - The preferred screening tests for dyslipidemia are measuring serum lipid (total cholesterol, high-density and low-density lipoprotein cholesterol) levels. Routine screening for:
 - Men ages 35 and older
 - Women ages 45 and older- who are at increased risk for coronary heart disease (CHD)

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
-
- Pap test (females) - The USPSTF recommends screening for cervical cancer every 3 years with cervical cytology alone in women aged 21 to 29 years. For women aged 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus testing alone, or every 5 years with high-risk human papillomavirus testing in combination with cytology.
 - 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.
 - The USPSTF recommends screening for chlamydia in sexually active women age 24 years and younger and in older women who are at increased 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.
 - The USPSTF recommends screening for gonorrhea in sexually

active women age 24 years and younger and in older women who are at increased risk for infection.

- The USPSTF recommends that clinicians screen for HIV infection in adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk should also be screened.
- 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.

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.

The USPSTF recommends screening for osteoporosis with bone measurement testing to prevent osteoporotic fractures in women 65 years and older.

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.
- The USPSTF recommends initiating low-dose aspirin use for the primary prevention of cardiovascular disease (CVD) and colorectal cancer (CRC) in adults aged 50 to 59 years who have a 10% or greater 10-year CVD risk. 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