

U.S. Preventive Services Task Force (USPSTF) Recommended Preventive Health Screenings

Ages 65 and Older

- **Assessment and Evaluation for Breast and Ovarian Cancer Susceptibility, a Genetic Risk Assessment and BRCA Mutation Testing**
 - For women whose family history is associated with an increased risk for certain types of breast cancer.
- **Breast Cancer screening**

United Healthcare Community Plan provides mammography screenings a minimum of once for ages 35–40, every two years or more frequently on physician recommendation for ages 40–50 and annually for ages 50 and older.
- **Cervical Cancer Screening**

Screening is not recommended for women older than age 65 if they have had adequate recent screening with normal Pap smears and are not otherwise at high risk for cervical cancer.
- **Colorectal Cancer Screening**

Screening is recommended using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults, beginning at age 50 years and continuing until age 75 years.

Heart, Vascular and Respiratory Diseases

- **Abdominal Aortic Aneurysm Screening**
 - For men aged 65 – 75 who have ever smoked, a one-time screening for abdominal aortic aneurysm (AAA) by Ultrasonography.
- **Aspirin for the Prevention of Cardiovascular Disease**
 - The decision to initiate low-dose aspirin use for the primary prevention of cardiovascular disease and colorectal cancer in adults aged 60 to 69 years who have a 10% or greater 10-year cardiovascular disease risk, should be an individual one. Persons who are not at increased risk for bleeding, have a life expectancy of at least 10 years, and are willing to take low-dose aspirin daily for at least 10 years are more likely to benefit.
- **Blood Pressure Screening**
 - The USPSTF recommends screening for high blood pressure in adults aged 18 years or older.

Infectious Diseases

- **Gonorrhea and Chlamydia Screening for sexually active women age 24 years and younger, and in older women who are at increased risk for infection.**

- Sexually Transmitted Infections
 - The USPSTF recommends intensive behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections.

Mental Health Conditions and Substance Abuse

- Alcohol Misuse, Screening and Behavioral Counseling Interventions in Primary Care
 - Recommended for adults aged 18 years or older to provide persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce alcohol misuse.
- Depression (Adults) Screening
 - The USPSTF recommends screening for depression in the general adult population, including pregnant and postpartum women. Screening should be completed with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.
- Tobacco and Tobacco-caused Disease
 - Counseling and Interventions

Metabolic, Nutritional and Endocrine Conditions:

- Height and weight annually
- Type 2 Diabetes Mellitus in Adults
 - The USPSTF recommends screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese.
- Musculoskeletal Conditions
- Osteoporosis Screening in women
 - The USPSTF recommends screening for osteoporosis with bone measurement testing to prevent osteoporotic fractures in women 65 years and older and also in postmenopausal women younger than 65 years who are at increased risk of osteoporosis.

Source:

- *USPSTF Guide to Clinical Preventive Services 2018:*
<https://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations>