Recommended adult schedule









Age:

Preventive care visit every five years

Check once

Preventive care visit every two years

Complete advance directives, and update as needed

LIFESTYLE PRACTICES

Tobacco use

Exercise

Diet

Safety

Sexuality

Alcohol use

Avoid or quit tobacco use, including second-hand exposure

At least 30 minutes of moderate exercise on most days

Choose foods low in fat with eight or more servings of vegetables and fruits every day; consider portion sizes

Use seatbelts, bicycle helmets, and smoke detectors; store guns properly

If you drink alcohol, do so in moderation and don't drink and drive

Discuss sexual practices, sexually transmitted disease prevention, and family planning with your health care provider

SCREENING TESTS

Every year

Pap every 3 years

Check once

Hypertension **Diabetes**

Colon cancer

WOMEN-Cholesterol

-Cervical cancer

-Chlamydia Breast cancer

Osteoporosis

MEN—Cholesterol **Prostate cancer** Check blood pressure every two years

Discuss with health care provider

FIT (home stool test) every year

Check every five years

Pap/HPV co-test every five years

Discuss with provider

Mammogram every 2 years

Discuss w/ provider

Regular exercise, calcium, and vitamin D; discuss with health care provider

Check every five years

Discuss with health care provider

This schedule is recommended for the general population; adaptations will need to be made based on personal risk.

Adopted by the Northwest Region • Prevention Implementation • Group Recommendations are updated periodically and you should check with your health care provider for the latest guidance.

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Bone densitometry once



Recommended adult IMMUNIZATION schedule

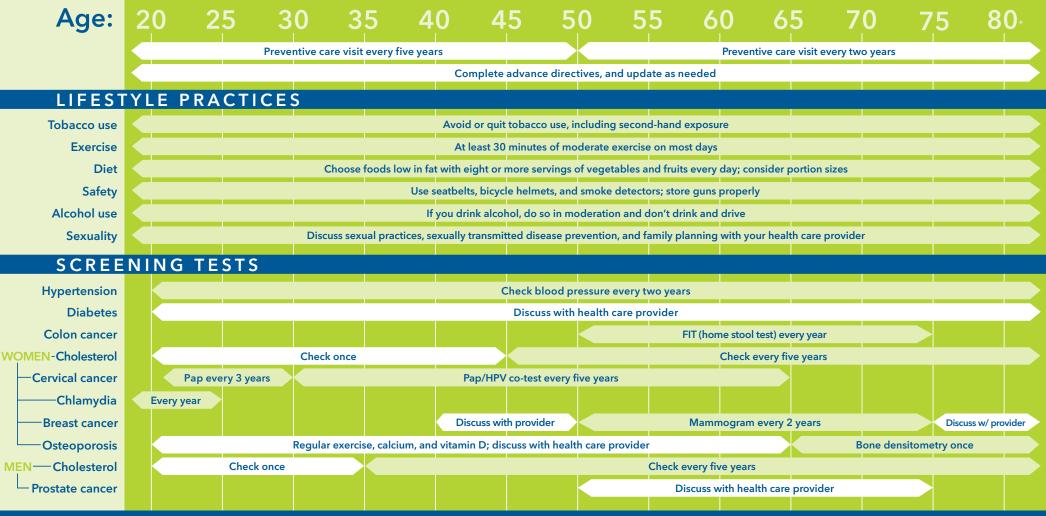


Effective February 2013 • This schedule is recommended for the general population. Adaptations will need to be made based on personal risk.

1 Consult your health care provider to determine your need for this vaccine based on medical, occupational, lifestyle, foreign travel, or other indications.

2 Health care workers without evidence of immunity must have two doses at least one month apart. Evidence of immunity is documentation of prior vaccination or infection.

Recommended adult PREVENTION schedule



This schedule is recommended for the general population; adaptations will need to be made based on personal risk.

