

# Adults (22 – 64 years of age) Preventive Health Guidelines



Screenings & Testing	Guidelines
<b>Blood Pressure/Hypertension</b>	At least every 1 to 2 years or more frequent for those with higher blood pressure.
<b>Breast Cancer Screening (Mammography)</b>	Every 1 to 2 years for women 40 years of age and older.
<b>Cervical Cancer Screening (Pap smears)</b>	At least every 3 years for females.
<b>Chlamydia Screening</b>	For all sexually active females 24 years of age and younger and other asymptomatic females at increased risk.
<b>Cholesterol/ Lipid Disorder Screening</b>	Every 5 years for men 35 years of age and older. Every 5 years for women 45 years of age and older if they are at increased risk for coronary heart disease. More frequent screening intervals for men 20 to 35 and women 20 to 45 years of age, if they are at increased risk for coronary heart disease or high lipid level.
<b>Colorectal Cancer Screening</b>	Begin screening for colorectal cancer at age 50 years, using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults. <ul style="list-style-type: none"> <li>• Fecal occult blood testing (FOBT) every year.</li> <li>• Sigmoidoscopy every 5 years combined with high-sensitivity fecal occult blood testing every 3 years.</li> <li>• Colonoscopy every 10 years.</li> </ul>
<b>Diabetes Screening</b>	Screening for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg. Recommended 3-year screening interval may vary based on clinician's discretion.
<b>Gonorrhea Screening</b>	For all sexually active adults at increased risk for infection.
<b>HIV Testing</b>	For all adults at increased risk for infection.
<b>Obesity/Height/Weight/BMI</b>	Periodically screen for obesity and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.
<b>Osteoporosis Screening</b>	For women at increased risk, start at age 60.
<b>Syphilis Screening</b>	Adults at increased risk for infection.
<b>Tuberculosis (TB) Screening</b>	For high risk adults. For details on TB topics, such as testing, diagnosis, treatments, etc., visit the CDC at <a href="http://www.cdc.gov/tb/">http://www.cdc.gov/tb/</a>
<b>Vision and Hearing</b>	For high risk adults (elderly and diabetics).
<b>IHEBA - Staying Healthy Assessment (SHA)</b>	<b>Initial health assessments/education should include the following:</b> Alcohol misuse; Depression; Physical activity/Healthy diet/Obesity; Tobacco use; Secondhand smoke; STI Violence, Family and partner.

Molina's Preventive Health Guidelines are adopted by the Clinical Quality Management Committee on 3/16/11 from the American Academy of Pediatrics, CDC's Advisory Committee of Immunization Practices, the U.S. Preventive Services Task Force, and the American Academy of Family Physicians. Molina recommends that clinical judgments be applied and that the treatments provided to members deviate from the guidelines when individual patient considerations and specific clinical situations dictate. As with all clinical reference resources, they reflect the best understanding of the science of medicine at the time of publication; however they should be used with the clear understanding that continued research may result in new knowledge and recommendations. We recommend that the medical records contain appropriate documentation for clinical decisions. This Preventive Health Guideline is also available on the Molina website: [www.molinahealthcare.com](http://www.molinahealthcare.com).

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	Please visit the Molina website to obtain assessment forms and educational tip sheets: <a href="http://www.molinahealthcare.com">www.molinahealthcare.com</a> → Providers → California → Forms

Immunizations/ Vaccines	Guideline
<b>Tdap (Tetanus, diphtheria, pertussis)</b>	One time dose of Tdap given to adults 64 years and younger who have not previously received Tdap dose, then followed by 1 dose of Td booster every 10 years.
<b>Hepatitis A</b>	2 dose series for adults at increased risk. Second dose given 6 to 18 months after the first dose.
<b>Hepatitis B</b>	3 dose series for adults at increased risk.
<b>Human Papillomavirus (HPV)</b>	3 dose series (either HPV4 or HPV2) to all adult females 26 years of age and younger who have not completed the HPV series. Second dose should be given 2 months after the first dose and third dose given 6 months after the first dose. 3 dose series (HPV4) may be given to adult males 26 years of age and younger to reduce the likelihood of acquiring genital warts.
<b>Influenza</b>	1 dose annually during flu season for all adults. For additional influenza vaccination information, visit CDC website: <a href="http://www.cdc.gov/vaccines/vpd-vac/flu/default.htm">http://www.cdc.gov/vaccines/vpd-vac/flu/default.htm</a>
<b>MMR (Measles, Mumps, Rubella)</b>	1 or 2 doses for adults who lack evidence of immunity and are at increased risk. If dose #2 is recommended, give it no sooner than 4 weeks after dose #1.
<b>Meningococcal</b>	1 dose to adults with increased risk. For adults 55 years and younger, MCV4 is preferred over MPSV4 For adults 56 years and older, MPSV4 is preferred. Revaccination with MCV4 every 5 years to adults at increased risk Use MPSV4 if there is a permanent contraindication/precaution to MCV4.
<b>Pneumococcal</b>	1 dose of PPSV for adults at increased risk.
<b>Varicella (Chickenpox )</b>	2 dose series for all adults without previous immunization or evidence of immunity. Second dose should be administered 4 to 8 weeks after the first dose.
<b>Zoster (herpes zoster)</b>	1 dose for adults 60 years of age and older, regardless of a prior episode of herpes zoster.

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