

2011 Preventive Health Guidelines Adults (22 to 64 years of age)

Screenings & Testing	Guidelines (Not a Guarantee of Benefit Coverage)
Blood Pressure/Hypertension	At least every 1 to 2 years or more frequent for those with higher blood pressure.
Breast Cancer Screening (Mammography)	Annually after 40 years of age.
Cervical Cancer Screening (Pap smears)	Annually for females.
Chlamydia Screening	For all sexually active females 24 years of age and younger and other asymptomatic females at increased risk.
Cholesterol/Lipid Disorder Screening	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.
Colorectal Cancer Screening	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"> • Fecal occult blood testing (FOBT) every year. • Sigmoidoscopy every 5 years combined with high-sensitivity fecal occult blood testing every 3 years. • Colonoscopy every 10 years.
Diabetes Screening	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.
Gonorrhea Screening	For all sexually active adults at increased risk for infection.
HIV Testing	For all adults at increased risk for infection.
Obesity/Height/Weight/BMI	Annually screen for obesity and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.
Osteoporosis Screening	For women at increased risk, start at age 60.
Syphilis Screening	Adults at increased risk for infection.
Tuberculosis (TB) Screening	For high risk adults. For details on TB topics, such as testing, diagnosis, treatments, etc., visit the CDC at http://www.cdc.gov/tb/
Vision and Hearing	For high risk adults (elderly and diabetics).
IHEBA - Staying Healthy Assessment (SHA)	Initial health assessments/education should include the following: Alcohol misuse; Depression; Physical activity/Healthy diet/Obesity; Tobacco use; Second-hand smoke; STI Violence, Family and partner.

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Immunizations/ Vaccines	Guideline (Not a Guarantee Of Benefit Coverage)
Tdap (Tetanus, diphtheria, pertussis)	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.
HepA (Hepatitis A)	2 dose series for adults at increased risk. Schedule at 0 and 6-12 months (Havrix) or 0 and 6-18 months (Vaqta).
HepB (Hepatitis B)	3 dose series for adults at increased risk.
HPV (Human Papillomavirus)	Recommended for females 9-26 years of age who have not been previously vaccinated. 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 1-2 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.
Influenza (Flu)	1 dose annually during flu season for all adults. For additional influenza vaccination information, visit CDC website: http://www.cdc.gov/vaccines/vpd-vac/flu/default.htm
MMR (Measles, Mumps, Rubella)	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.
Meningococcal	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
Pneumococcal	1 dose of PPSV for adults at increased risk.
Varicella (Chickenpox)	2 dose series for all adults without previous immunization or evidence of immunity. Second dose should be administered 4 weeks after the first dose.
Zoster (herpes zoster)	1 dose for adults 60 years of age and older, regardless of a prior episode of herpes zoster.

Molina's Preventive Health Guidelines are adopted from the CDC, Department of Health and Human Services, National Center for Immunization and Respiratory Disease, the American Academy of Pediatrics 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.