

**Molina Healthcare of Texas**  
**2008 PREVENTIVE HEALTH GUIDELINES:**  
**Immunization and Screening Recommendations for**  
**Healthy Children, Adults, Seniors and Pregnancy**



**Ages 21 and older**

| Immunizations/Vaccines  | Recommended age in years |       |       |      |
|---|--------------------------|-------|-------|------|
|   | 21-39                    | 40-49 | 50-64 | ≥ 65 |
| <b>Tetanus, diphtheria, pertussis (Td/Tdap)</b> <sup>13</sup> : 1-dose Td booster every 10 years; substitute 1 dose of Tdap for Td.   | ✓                        | ✓     | ✓     | ✓    |
| <b>Hepatitis A</b> <sup>19</sup> : 2-doses for high risk individuals, as advised by clinician.  | PD                       |       |       |      |
| <b>Hepatitis B</b> <sup>20</sup> : 3-doses for high risk individuals, as advised by clinician.  | PD                       |       |       |      |
| <b>Human Papillomavirus (HPV)</b> <sup>24</sup> : 3-doses for females age ≤ 26 years.   | ✓                        |       |       |      |
| <b>Influenza</b> <sup>26</sup> : 1-dose annually for age > 50 years and high risk population or as advised by clinician.  | PD                       |       | ✓     | ✓    |
| <b>Measles, Mumps, Rubella (MMR)</b> <sup>30</sup> : 1-dose for adults born during or after 1957 who lack evidence of immunity; 1-2 doses for high-risk.  | ✓                        |       | PD    |      |
| <b>Meningococcal</b> <sup>31</sup> : 1-dose for high risk individuals or as advised by clinician. Revaccination after 5 years to high risk adults   | PD                       |       |       |      |
| <b>Pneumococcal Polysaccharide</b> <sup>33</sup> : 1-dose for age ≥ 65 years; 2-dose if vaccinated more than 5 years ago and were younger than 65 years of age at the time of primary vaccination.                            | PD                       |       |       | ✓    |
| <b>Varicella (chickenpox)</b> <sup>42</sup> : 2 doses for all adults without previous immunization or evidence of disease.  | ✓                        |       | PD    |      |
| <b>Screenings/Laboratory Testing</b>  |                          |       |       |      |
| <b>Abdominal Aortic Aneurysm (AAA) Screening</b> <sup>1</sup> : one-time screening by ultrasonography in men aged 65 to 75 who have ever smoked.  |                          |       |       | ✓    |
| <b>Breast Cancer Screening (mammography)</b> <sup>5</sup> : every 1-2 years for women aged 40 and older.  |                          | ✓     | ✓     | ✓    |
| <b>Cervical Cancer Screening (Pap smears)</b> <sup>6</sup> : within 3 years of onset of sexual activity, then at least every 3 years thereafter.  | ✓                        | ✓     | ✓     |      |
| <b>Chlamydia Screening</b> <sup>7</sup> : sexually active females aged ≤ 25 years, and females at risk.   | ✓                        | PD    |       |      |
| <b>Colorectal Cancer Screening</b> <sup>9</sup> : begin screening at 50 years of age; Fecal Occult Blood Testing (FOBT): annually; Sigmoidoscopy and double-contrast barium enema: every 5 years; Colonoscopy: every 10 years |                          |       | ✓     | ✓    |
| <b>Diabetes Screening (Adult Type 2)</b> <sup>12</sup> : adults with hypertension or hyperlipidemia.  | PD                       |       |       |      |
| <b>Gonorrhea Screening</b> <sup>14</sup> : sexually active and at increased risk women, including those who are pregnant.   | PD                       |       |       |      |
| <b>Height and Weight (body mass index)</b> <sup>17</sup> : periodically screen for obesity.   | ✓                        | ✓     | ✓     | ✓    |
| <b>High Blood Pressure/Hypertension Screening</b> <sup>22</sup> : at least every 2 years or more for those with higher level of blood pressure.   | ✓                        | ✓     | ✓     | ✓    |
| <b>HIV Testing</b> <sup>23</sup> : persons at increased risk for infection and all pregnant women.  | PD                       |       |       |      |
| <b>Lipid Disorder Screening (Cholesterol)</b> <sup>28</sup> : men aged ≥ 35 years and women aged ≥ 45 years: every 5 years; if other CHD factors are present, then screen men aged 20 to 35 and women aged 20 to 45           | ✓                        | ✓     | ✓     | ✓    |
| <b>Osteoporosis Screening</b> <sup>32</sup> : women age 65 and older or begin at age 60 for women at increased risk.  |                          |       | PD    | ✓    |
| <b>Syphilis Screening</b> <sup>39</sup> : persons at increased risk for infection and all pregnant women.   | PD                       |       |       |      |
| <b>Tuberculosis (TB) Screening</b> <sup>40</sup> : for high risk population   | PD                       |       |       |      |
| <b>Vision and hearing</b> <sup>43</sup> : in elderly adults.  |                          |       |       | ✓    |
| <b>Counseling</b>   |                          |       |       |      |
| Accidental injury ; Alcohol; Coronary Heart Disease; Depression; Healthy diet/nutrition; Tobacco use prevention; STD and HIV prevention; Hypertension; Obesity and diabetes;  |                          |       |       |      |

PD – per Practitioner Discretion

For additional information about vaccines, vaccine supply and contraindications for immunization, please visit the National Immunization Program Website at [www.cdc.gov/nip](http://www.cdc.gov/nip) or call the National Immunization Hotline at 800 232-2522. Guidelines are based on U.S. Preventive Services Task Force Recommendations (2006); American Academy of Pediatrics (2007); Recommended Immunization Schedule United States, 2007; American Academy of Pediatrics Immunization Schedule, 2007; Recommended Adult Immunization Schedule United States [October 2006-September 2007](http://www.aafp.org); AAFP Summary of Policy Recommendations for Clinical Preventive Services Revision 6.2, August 2006; Guidelines for Perinatal Care, American College of Obstetricians, 5<sup>th</sup> edition (2002). Approved by the Advisory Committee on Immunization Practices (ACIP) ([www.cdc.gov/nip/ACIP](http://www.cdc.gov/nip/ACIP)), American Academy of Pediatrics (AAP) ([www.aap.org](http://www.aap.org)), the American Academy of Family Physicians (AAFP) ([www.aafp.org](http://www.aafp.org)) and CDC National Center for HIV/STD/TB Prevention ([www.cdc.gov/nchstp/od/nchstp.html](http://www.cdc.gov/nchstp/od/nchstp.html)) Adopted by Molina Healthcare of Texas Medical Advisory Committee May 2008