

# Adult and Senior Staying Healthy Guidelines (Age 19 and Older)

All guidelines adopted by Molina are from The Advisory Committee of Immunization Practices, The U.S. Preventive Services Task Force, and the Centers for Disease Control and Prevention.

**Preventive care is vital to your health. The guidelines below will show you which tests and shots you need to stay healthy.**

Immunizations	Timeline
Influenza	Once every year during flu season (Fall) for all adults and seniors.
Tetanus, Diphtheria, Pertussis (Tdap or Td)	One dose of Tdap, then booster (Td) every 10 years.
Measles, Mumps, Rubella (MMR)	One dose (if no proof of childhood shots or immunity).
Pneumococcal	One dose for persons age 65 or older or with a risk factor.
Varicella (Chicken Pox)	Two doses if no proof of shots or immunity.
Meningococcal	One dose for those at high risk. Re-vaccination after 5 years if risk remains.
Human Papilloma Virus	Two or three dose series based on the age of first vaccine through age 26. After age 26, discuss with your doctor.
Zoster (Shingles)	One dose for adults 50 years of age or older.
Hepatitis A	Two or three dose series.
Hepatitis B	Two or three dose series.

Screenings	19 - 49 Years	50 - 64 Years	65 and Older
Height/Weight/Body Mass Index (BMI)	Each year	Each year	Each year
Blood Pressure	Yearly screening for everyone – Goal = 120/80 mm/Hg or below For persons with high blood pressure – Goal = 139/89 mm/Hg or below		
Cholesterol	Every 4-6 years. Goal: Total cholesterol = less than 200 mg/dl LDL (bad) cholesterol – less than 100 mg/dl HDL (good) cholesterol – greater than or equal to 60 mg/dl Triglycerides – less than 150 mg/dl		
Colorectal Cancer Screening (COL)		50-75 years of age. Yearly FOBT* test, FIT-DNA* test every 2 years, sig. test* every 5 years or colonoscopy every 10 years.	
Breast Cancer Screening (BCS)		Women age 50-74 years. Mammogram screening every 2 years.	
Cervical Cancer Screening (CCS)	Women 21 – 64 years of age. A Pap smear every 3 years.		
Chlamydia Screening	Women up to 24 years of age. Yearly urine test.		

\*(FOBT) is a Fecal Occult Blood test

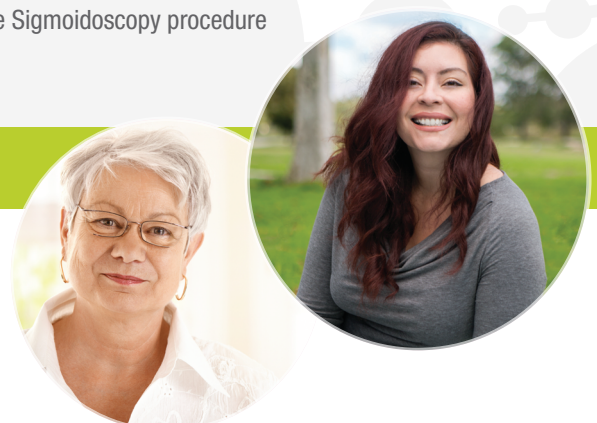
\* FIT DNA is a stool DNA test

\*sig. is a Flexible Sigmoidoscopy procedure

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## Diabetes Care – Tests for people with high blood sugar

Screening	19 – 49 Years	50 – 64 Years	65 Years and Older
Blood Pressure	Each year		
Hemoglobin A1c	Blood test done once each year (your doctor may do this test more often).		
Nephropathy screening	Urine test done once each year to check for kidney disease.		
Retinal Eye Exam	Dilated eye exam done by an eye doctor. Once a year if negative and twice a year if positive.		

## Care for Older Adults (Age 65 and older)

Review of Medicines	Age 66 years and older. Yearly review of medicines which includes prescription medicines, over the counter medicines and herbals or supplements.
Functional Assessment	Age 66 years and older. Yearly review of activities of daily living (daily basic self-care tasks)
Pain Assessment	Age 66 years and older. Yearly assessment of pain.
Advance Care Plan	Talk to your doctor and make your wishes known about your choices for end-of-life care planning. This will help your doctor and your family when or if you cannot speak for yourself.

## Prenatal/Postpartum Care

Prenatal Care	See your doctor as soon as you know you are pregnant to get your <b>first trimester health exam between 0-13 weeks of pregnancy</b> . After your first trimester visit, your doctor will schedule follow up visits based on your needs.
Postpartum care	<b>Post-partum health exam</b> should be done on or <b>between 7 and 84 days (1 to 12 weeks) after giving birth</b> .

If you have any questions, please call our

### 24-hour Nurse Advice Line:

We are here to help you.

English: (888) 275-8750

Spanish: (866) 648-3537

TTY/TDD: 711

To get this information in your preferred language or accessible format, call Member Services. The number is on the back of your ID card.



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