

# Preventive screening guidelines

Preventive screenings help prevent and detect illnesses and diseases in their earlier stages when they're easier to treat.<sup>1</sup> Plus, they can help you and your healthcare provider learn more about your well-being and identify lifestyle changes that can help you be happier and healthier.

**Note:** The screening recommendations on the next page are for people at normal risk. Always work with your healthcare provider to decide what's best for you based on your family history and other risk factors.



Use the list of recommended screenings and vaccinations below as your guide to preventive health.

Screening	Frequency	Who should be screened?	Additional information
<b>General prevention and health guidance</b>			
<b>Annual Wellness Visit<sup>2*</sup></b>	Once per year	Adults age 65 and older	<p>During this appointment, talk to your healthcare provider about:</p> <ul style="list-style-type: none"> <li>• A personalized prevention plan to help prevent disease and disability based on your current health and risk factors</li> <li>• Diet and exercise</li> <li>• How to reduce your risk of falls</li> <li>• Your mental and emotional health</li> </ul>
<b>Heart health</b>			
<b>Blood pressure<sup>3</sup></b>	Once per year; more often if directed by your healthcare provider	Adults age 18 and older	Talk to your healthcare provider to learn your target blood pressure range.
<b>Cholesterol<sup>4</sup></b>	Every four to six years; more often if directed by your healthcare provider	Most healthy adults	<p>You may be required to fast for 9–12 hours.</p> <p>If you have heart disease or risk factors for heart disease, you may need to be screened more often.</p>
<b>Diabetes (blood glucose)<sup>5</sup></b>	Every three years	Adults age 40–70 who are overweight or obese	If you have diabetes, talk to your healthcare provider about additional testing you may need.
<b>Abdominal aortic aneurysm (AAA)<sup>6</sup></b>	Once in a lifetime	Men age 65–75 who have ever smoked	Screening for an abdominal aortic aneurysm uses an ultrasound to look for swelling in a part of the big blood vessel (aorta) running through your abdomen.

\* Humana Medicare Advantage plans cover a preventive physical exam annually; however, Original Medicare does not, and coverage by other plans may vary.

Screening	Frequency	Who should be screened?	Additional information
<b>Cancer screenings</b>			
<b>Colorectal cancer</b> <sup>7</sup>	<p>Colonoscopy every 10 years</p> <p><b>or</b></p> <p>CT colonography every 5 years</p> <p><b>or</b></p> <p>Flexible sigmoidoscopy every 5 years</p> <p><b>or</b></p> <p>gFOBT (guaiac fecal occult blood test) every year</p> <p><b>or</b></p> <p>FIT (fecal immunochemical test) every year</p> <p><b>or</b></p> <p>Cologuard® every 3 years</p>	<p>Adults beginning at age 45</p> <p>After age 75, talk to your healthcare provider to find out if you need to be screened anymore.</p>	<p>These recommendations are for normal-risk individuals only, so it's important that your provider know about your family history.</p> <p>Talk to your healthcare provider about which screening approach to take. The best screening is the one you're willing to do.</p>
<b>Breast cancer</b> <sup>8</sup>	Mammogram once every 2 years	<p>Women age 50–74</p> <p>After age 75, talk to your healthcare provider to find out if you need to be screened.</p>	<p>Women with a personal or family history of breast, ovarian, tubal or peritoneal cancer or an ancestry associated with the BRCA 1 or 2 gene mutation may benefit from genetic counseling and/or testing.<sup>9</sup></p>
<b>Cervical cancer</b> <sup>10</sup>	<p>Every 3 years with cervical cytology (Pap test) alone</p> <p><b>or</b></p> <p>Every 5 years with high-risk human papillomavirus (hrHPV) testing alone</p> <p><b>or</b></p> <p>Every 5 years with hrHPV testing in combination with cervical cytology (Pap test)</p>	Women age 21–65	<p>Talk to your healthcare provider to find out whether or not you should be screened, especially if you have had a hysterectomy or are age 65 or older.</p>

Screening	Frequency	Who should be screened?	Additional information
<b>Cancer screenings</b>			
<b>Prostate cancer</b> <sup>11</sup>	Discuss with your healthcare provider whether or not you should be screened; if so, how often	Men age 55–69 should talk to their healthcare provider about the benefits and risks of being screened	The decision to undergo periodic prostate-specific antigen (PSA) testing for prostate cancer should be a shared decision between you and your healthcare provider. Consider your family history and other risk factors.
<b>Lung cancer</b> <sup>12</sup>	Once per year	Only people who are between age 55–80 and: <ul style="list-style-type: none"> <li>• Have a history of heavy smoking</li> <li>• Who smoke now or have quit smoking within the past 15 years</li> </ul>	Talk to your healthcare provider about potential screening methods, including low-dose computed tomography (CT scan).
<b>Osteoporosis screening</b>			
<b>Bone density test</b> <sup>13</sup>	Periodically, as directed by your healthcare provider	Women age 65 and older <b>or</b> Women at an increased risk of osteoporosis	You may need to be screened more often if you are at a high risk of osteoporosis or after breaking a bone.
<b>Mental and emotional health</b>			
<b>Depression</b> <sup>14</sup>	As directed by your healthcare provider	Adults age 18 and older, regardless of risk factors	A common screening test for depression is the Patient Health Questionnaire (PHQ).  Talking about mental health concerns may be difficult, but if you have been feeling sad or hopeless or have lost interest in things you used to enjoy, talk to your healthcare provider.
<b>Immunizations</b>			
<b>Influenza (flu)</b> <sup>15</sup>	Once per flu season	Adults age 18 and older	The flu vaccine is often given in the fall to coincide with the beginning of flu season.
<b>Pneumonia</b> <sup>15</sup>	Once after age 65, even if already vaccinated	Adults age 65 and older	Two vaccines help prevent pneumonia: PCV13 and PPSV23.  It is recommended that you get PCV13 first, followed by a dose of PPSV23 at another visit.

Screening	Frequency	Who should be screened?	Additional information
<b>Immunizations</b>			
<b>Shingles<sup>15</sup></b>	Once in two doses separated by 2–6 months	Healthy adults age 50 and older	You should get the shingles vaccine even if you have already gotten shingles.
<b>Tdap<sup>15</sup></b>	One dose with a tetanus, diphtheria and pertussis (vaccine) (Tdap) booster every 10 years	Adults age 18 and older	This vaccine protects against tetanus, diphtheria and pertussis.

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