

2024 Adult Preventive Health Guidelines: Ages 19 through 64 Years

The Patient Protection and Affordable Care Act (PPACA, P.L. 111-148, March 23, 2010, as amended) requires, among other things, coverage of all A and B Recommendations as promulgated by the United States Preventive Services Task Force (USPSTF). Recommendations can be found at https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf?_ga=2.123517835.1012687934.1671222549-249991078.1667565696 and <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>

History and Physical	Description	References
History and Physical Exam	A physical should be performed every one to two years for adults ages 19-49, and every year for adults ages 50 and older. Female PE: - Discuss preconception guidelines as appropriate - Annual pelvic/breast exam	1. USPSTF (1996) Updated 2004 2. The expert consensus opinion of the 2004 PH Committee. 3. ACOG (2006) 4. Bright Futures (2008)
Pelvic/Breast Exam	Annually for females	1. ACOG (2006)
Regular Weight, Height and BMI percentile and BMI Monitoring	Annually Adults with a BMI 25-39.9 (overweight and obese) would be allowed 4 preventive health office visits and unlimited nutritional counseling visits specifically for obesity per year and one (1) set of recommended laboratory studies (lipid profile, hemoglobin A1c, AST, ALT, and fasting glucose).	1. AAFP (1996) Updated 2003 2. CDC (2004) 3. USPSTF 2014
Blood Pressure Screening	The USPSTF recommends screening for high blood pressure in adults aged 18 years or older with ambulatory blood pressure monitoring, or ABPM measurements outside of the clinical setting for diagnostic confirmation before starting treatment. A Recommendation	1. USPSTF (1996) Updated 2007, 2015 2. NIH (1997) Updated 2004
Depression Screening	The USPSTF recommends screening for depression in the general adult population, including pregnant and postpartum women (age 18 and older). Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up. B Recommendation Depression screening every year from ages 11 through 21 (Bright Futures).	1. USPSTF (1996) Updated 2002, 2009, 2016 2. Bright Futures (2014)

History and Physical	Description	References
	Different tests can be used for screenings (This list is not all-inclusive). PHQ-9 PHQ-A	
Illicit Drug Use	The USPSTF recommends screening for illicit drug use in adults age 18 years or older. Screening should be implemented when services for accurate diagnosis, effective treatment, and appropriate care can be offered or referred. B Recommendation	1. USPSTF 2020
Hearing Screening	Bright Futures recommends screening once between the ages of 18-21 years.	1. Bright Futures (2018)
Lipid Panel	Perform once between ages 17-21 for general population per Bright Futures Routine screening every five years beginning at age 20 and more frequent testing of those 20 years of age and older at risk for cardiovascular disease. The U.S. Preventive Services Task Force (USPSTF) recommends screening; <ul style="list-style-type: none"> - Men aged 35 and older for lipid disorders. A Recommendation; - Men aged 20 to 35 for lipid disorders if they are at increased risk for coronary heart disease. B Recommendation; - Women aged 45 and older for lipid disorders if they are at increased risk for coronary heart disease. A Recommendation; and - Women aged 20 to 45 for lipid disorders if they are at increased risk for coronary heart disease. B Recommendation. 	1. USPSTF (1996) Updated 2004, 2008 2. NCEP (2004) 3. The expert consensus opinion of the 2004 PH Committee. 4. Bright Futures (2018)
Mammography	The PPACA has a provision that defers to the USPSTF 2002 guidelines on breast cancer screening which states that women ages 40-49 should routinely be screened for breast cancer. The 2002 Recommendation reads as follows: The U.S. Preventive Services Task Force (USPSTF) recommends screening mammography, with or without clinical breast examination (CBE), every 1-2 years	1. USPSTF (1996) Updated 2002, 2009, 2016 2. ACS (1997) Updated 2006 3. ACOG (2009) 4. NYS: §3221(l)(11)

History and Physical	Description	References
	<p>for women aged 40 and older. B Recommendation.</p> <p>NYS: Provides coverage and cost share waiver for preventive mammograms, breast MRIs, and breast ultrasounds including removal of age and frequency limits to allow for provider directed preventive assessment.</p> <p>ACS Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.</p> <p>Includes 3-D Mammograms (Digital Breast Tomosynthesis)</p>	<p>https://www.dfs.ny.gov/insurance/circltr/2016/cl2016_02.htm</p>
<p>Genetic Risk Assessment and BRCA Mutation Testing for Breast and Ovarian Cancer Susceptibility</p>	<p>The USPSTF recommends that primary care clinicians assess women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations with an appropriate brief familial risk assessment tool. Women with a positive result on the risk assessment tool should receive genetic counseling and, if indicated after counseling, genetic testing. B recommendation updated August 2019.</p> <p>Different tests can be used for screenings (This list is not all-inclusive).</p> <ul style="list-style-type: none"> • B-REST • FHS-7 <p>Any one of the following indicates a risk of having a BRCA mutation:</p> <ul style="list-style-type: none"> • Personal and/or family history of breast cancer diagnosed under the age of 50. • Personal and/or family history of ovarian cancer at any age. • Women of Ashkenazi Jewish ancestry diagnosed with breast cancer or ovarian cancer at any age, regardless of family history. • Personal and/or family history of male breast cancer. • Affected relatives with a known BRCA1 or BRCA2 mutation. • Bilateral breast cancer, especially if diagnosed at an early age. • Breast cancer and ovarian cancer in the same person. 	<ol style="list-style-type: none"> 1. USPSTF (2005) (2014) 2019 2. AMA (2006) 3. ACS (2007)

History and Physical	Description	References
Chemoprevention of Breast Cancer	<p>Note: Recommend annual breast MRI screening as an adjunct to mammography</p> <ul style="list-style-type: none"> • BRCA mutation • First-degree relative of BRCA carrier, but untested <p>The USPSTF recommends that clinicians offer to prescribe risk-reducing medications, such as tamoxifen, raloxifene, or aromatase inhibitors, to women who are at increased risk for breast cancer and at low risk for adverse medication effects. B recommendation updated September 2019.</p>	1. USPSTF (2002) (2014) 2019
Fasting Plasma Glucose	<p>The USPSTF recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who have overweight or obesity. Clinicians should offer or refer patients with prediabetes to effective preventive interventions. B Recommendation. Already on the preventive schedule for adults with BMI for overweight or obesity. Expansion to include morbid obesity diagnosis codes.</p> <p>Clinicians should offer or refer patients with abnormal blood glucose to intensive behavioral counseling interventions to promote a healthful diet and physical activity.</p>	USPSTF (2008) 2015, 2022
Papanicolaou Test (Pap smear)	<p>The USPSTF recommends screening for cervical cancer every 3 years with cervical cytology alone in women aged 21 to 29 years. For women aged 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting). A Recommendation</p> <p>The USPSTF recommends against screening for cervical cancer in women older than 65 years who have had adequate prior screening and are not otherwise at high risk for cervical cancer. D Recommendation</p> <p>The USPSTF recommends against screening for cervical cancer in women younger than 21 years. D Recommendation</p> <p>The USPSTF recommends against screening for cervical cancer in women who have had a hysterectomy with removal of the cervix and do not have a history of a high-grade precancerous lesion (i.e., cervical intraepithelial neoplasia [CIN])</p>	<ol style="list-style-type: none"> 1. USPSTF (1996) Updated 2003, 2018 2. AAFP (1996) Updated 2002 3. ACOG (2003) Updated 2010, 2012 4. USPSTF Updated 2012 5. HHS –Health and Human Services Women’s Health Care Mandate 2012 6. ACS -- American Cancer Society (2012) 7. ASCCP -- American Society for Colposcopy (2012) 8. ASCPS -- American Society for Clinical Pathology (2012) 9. Bright Futures (2014)

History and Physical	Description	References
	<p>grade 2 or 3) or cervical cancer. D Recommendation</p> <p>ACOG/ACS/ASCCP/ASCPS all mirror USPSTF recommendations. Screen for cervical dysplasia beginning at 21 years (Bright Futures).</p>	

Testing	Description	References
Chlamydia / Gonorrhea and other STD Screening	<p>Risk assessments for <u>STIs</u> should continue at each visit between ages 11 and 21 (Bright Futures)</p> <p><u>Chlamydia</u>: The USPSTF recommends screening for chlamydia in sexually active women age 24 years or younger and in older women who are at increased risk for infection. B Recommendation</p> <p><u>Gonorrhea</u>: The USPSTF recommends screening for gonorrhea in sexually active women age 24 years or younger and in older women who are at increased risk for infection. B Recommendation</p> <p><u>Syphilis</u>: Screen all patients at increased risk for syphilis. USPSTF – A Recommendation.</p> <p>The USPSTF recommends screening for syphilis infection in persons who are at increased risk for infection. A Recommendation</p> <p><u>Human immunodeficiency virus (HIV)</u>:</p> <p>The USPSTF recommends that clinicians screen for HIV infection in adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk of infection should also be screened. A recommendation updated June 2019.</p> <p>The USPSTF recommends that clinicians screen for HIV infection in all pregnant persons, including those who present in labor or at delivery whose HIV status is</p>	<ol style="list-style-type: none"> 1. USPSTF (1996), 2007, 2014, 2016, 2019, 2020, 2022 2. CDC (2006), 2023 3. Bright Futures (2014), 2023 4. NYS Public Health HIV Testing Law, Article 27-F (2010) 5. NYS Public Health Law, Section 2171 (2013)

Testing	Description	References
	<p>unknown. A recommendation updated June 2019.</p> <p>NY Public Health Law, Article 27-F, section 2781-A requires that every individual age 13 and older be offered an HIV test at least once as part of routine Health care. All pregnant women in NYS must be offered HIV testing as a clinical recommendation as early as possible in pregnancy. Third trimester testing is recommended for all pregnant women in NYS who tested negative for HIV earlier in their pregnancy.</p> <p>Bright Futures expanded the age range for a one-time general population check for HIV from 15-18 years to 15-21 years.</p> <p><u>Hepatitis C:</u> The USPSTF recommends screening for hepatitis C virus (HCV) infection in adults aged 18 to 79 years. B Recommendation March 2020</p> <p>NYS Public Health Law Section 2171 requires a hepatitis C screening test be offered to every individual born between 1945 and 1965 receiving inpatient hospital care or primary care.</p> <p><u>Hepatitis B:</u> The USPSTF recommends screening for hepatitis B virus (HBV) infection in persons at high risk for infection. B recommendation for non-pregnant adolescents and adults.</p> <p>CDC MMWR updated recommendation for Hepatitis B screening from high-risk only to once per lifetime for adults and high risk more often.</p>	
STI Counseling	The USPSTF recommends intensive behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections. B Recommendation	1. USPSTF (2014), 2020
PrEP HIV Prevention	<p>The USPSTF recommends that clinicians offer preexposure prophylaxis (PrEP) with effective antiretroviral therapy to persons who are at high risk of HIV acquisition. A recommendation released June 2019.</p> <p>NYS Circular Letter builds on the federal preventive mandated coverage.</p>	1. USPSTF (2019) 2. NYS: Supplement No. 2 to Insurance Circular Letter No. 21 (2017)

Testing	Description	References
Colorectal Cancer Screening	<p>The USPSTF recommends screening for colorectal cancer in all adults aged 50 to 75 years. A Recommendation. Reaffirmation of previous recommendation.</p> <p>The USPSTF recommends screening for colorectal cancer in adults aged 45 to 49 years. B Recommendation</p> <p>Regular screening for colorectal cancer with:</p> <ul style="list-style-type: none"> • Colonoscopy every 10 years or, • Fecal occult blood test home 3-pack FOBT test or FIT fecal immunochemical test every year or, • Flexible sigmoidoscopy every 5 years or, • Flexible sigmoidoscopy every 10 years with FIT every year or • CT Colonography every 5 years or • Cologuard (DNA stool screening) every three years <p>The federal government issued an FAQ detaining the mandated coverage for diagnostic colonoscopy following a positive result by another mandated screening method. The first dollar coverage of the diagnostic colonoscopy will apply per law beginning 6.1.2022 for PA, WV, and DE. The effective date for NY is based on NY state law and is 12.1.2021 with first migrated business for HMK. Eligible colonoscopies must be performed within one year of a claim for a mandated colon cancer screening test</p>	<ol style="list-style-type: none"> 1. AAFP (1996) Updated 2002 2. USPSTF (1996) Updated 2002, 2008, 2016, 2021 3. American Cancer Society (2004) 4. ACOG (2007) 5. PPACA 2022 FAQ
Bone Mineral Density Screening	<p>Postmenopausal women under 65 yr of age who have had a fracture or have one or more risk factors for osteoporosis.</p> <p>Recommended only once every two years.</p> <p>Bone mineral density studies for asymptomatic patients are considered screening.</p> <p>The USPSTF recommends screening for osteoporosis in women ages 65 and older and in younger women whose fracture risk is equal to or greater than that of a 65-year-old woman who has no additional risk factors. B Recommendation 2011</p>	<ol style="list-style-type: none"> 1. USPSTF (1996) Updated 2003 (2011) 2. National Osteoporosis Foundation (1998) Updated 2009
Prostate Cancer Screening	<p>For men aged 55 to 69 years, the decision to undergo periodic prostate-specific antigen (PSA)-based screening for prostate cancer should be an individual one. Before deciding whether to be screened, men should have an opportunity to discuss the potential benefits and harms of screening with their clinician and to incorporate their values and preferences in the decision. USPSTF – C Recommendation. Only A and B recommendations are covered preventive benefits.</p>	<ol style="list-style-type: none"> 1. AAFP (2002) 2. USPSTF (1996) Updated 2004, 2012, 2018 3. NEJM (2009) 4. NYS: § 3221(l)(11-a); § 4303(z-1)

Testing	Description	References
	<p>NYS: Includes coverage for the diagnostic screening for prostate cancer including:</p> <ul style="list-style-type: none"> • Standard diagnostic testing including, but not limited to, a digital rectal examination and a prostate-specific antigen test at any age for men having a prior history of prostate cancer; and • An annual standard diagnostic examination for men age 50 and over who are asymptomatic and for men age 40 or older with a family history of prostate cancer or other prostate cancer risk factors. 	
Lung Cancer Screening	The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year (PPY) smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery. B Recommendation	1. USPSTF (2014), 2021
Behavioral Counseling for Prevention of CVD	<p>The USPSTF recommends offering or referring adults who are overweight or obese and have additional cardiovascular disease (CVD) risk factors to intensive behavioral counseling interventions to promote a healthful diet and physical activity for CVD prevention. B Recommendation</p> <p>The USPSTF recommends offering or referring adults with cardiovascular disease risk factors to behavioral counseling interventions to promote a healthy diet and physical activity. B Recommendation</p>	1. USPSTF (2014), 2020
Statin Use	<p>The USPSTF recommends that adults without a history of cardiovascular disease (CVD) (i.e., symptomatic coronary artery disease or ischemic stroke) use a low- to moderate-dose statin for the prevention of CVD events and mortality when all of the following criteria are met: 1) they are aged 40 to 75 years; 2) they have 1 or more CVD risk factors (i.e., dyslipidemia, diabetes, hypertension, or smoking); and 3) they have a calculated 10-year risk of a cardiovascular event of 10% or greater.</p> <p>The USPSTF recommends that clinicians prescribe a statin for the primary prevention of CVD for adults aged 40-75 years who have 1 or more CVD risk factors (i.e., dyslipidemia, diabetes, hypertension, or smoking) and estimated 10-year risk of a cardiovascular event of 10% or greater. This is a B grade recommendation</p>	<p>1. USPSTF (2016)</p> <p>2. USPSTF 2022</p>
Latent TB Screening	The USPSTF recommends screening for latent tuberculosis infection (LTBI) in	1. USPSTF (2016)

Testing	Description	References
	populations that are at increased risk.	
Anticipatory Guidance/Safety Issues		References
Anticipatory Guidance/Psychosocial Screening Anticipatory Guidance/Psychosocial Screening – to include: <ul style="list-style-type: none"> • Secondhand smoke • Adults who are not pregnant: The USPSTF recommends that clinicians ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and U.S. Food and Drug Administration (FDA)–approved pharmacotherapy for cessation to adults who use tobacco. A Recommendation • Pregnant women: The USPSTF recommends that clinicians ask all pregnant women about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant women who use tobacco. A Recommendation • Substance abuse • Obesity – The USPSTF recommends that clinicians screen all adult patients for obesity and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults. B Recommendation • The USPSTF recommends screening for abnormal blood glucose as part of cardiovascular risk assessment in adults ages 40 to 70 years who are overweight or obese. Clinicians should offer or refer [these overweight or obese (BMI 25 to 39.9)] patients with abnormal blood glucose to intensive behavioral counseling interventions to promote a healthful diet and physical activity. B Recommendation • Exercise • At least 800-1,000 units of vitamin D daily and consideration of screening in persons with low sun exposure or other risk factors • 1,200 mg. of calcium daily in adults 50 years and older. • Folic acid (0.4mg to 0.8 mg/day for females of reproductive age (USPSTF – A Recommendation) The USPSTF recommends that all women who are planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid. A Recommendation • Aspirin use – April 2022 the USPSTF updated by lowering the recommended use of aspirin for preventive of heart disease and stroke to a C recommendation from a previous B recommendation. Only A and B recommendations are mandated by federal law. Notice to members provided in footnote of the preventive schedule (PS) that this benefit will be removed 1.1.2023. • Discussion of risks and benefits of hormone replacement prophylaxis and alternative therapies in women 		1. AAFP (2001) Updated 2003 2. USPSTF (1996) Updated 2008, 2009, 2012, 2015, 2016, 2017, 2022 3. ACOG (2000) Updated 2003 4. NOF (2009) 5. USPSTF (2008) Behavioral Counseling for STIs 6. USPSTF (1996) Updated 2003, 2015, 2016, 2018

Anticipatory Guidance/Safety Issues	References
<ul style="list-style-type: none"> • Polypharmacy • Safe sex/STD High-intensity behavioral counseling to prevent sexually transmitted infections for all adults at increased risk for STIs. "High- intensity" behavior counseling is defined by USPSTF as multiple sessions of behavioral counseling providing some provision of education, skill training or support from changes in sexual behavior that promotes risk reduction and avoidance. USPSTF – B Recommendation • HIV • Sun exposure: The USPSTF recommends counseling young adults, adolescents, children, and parents of young children about minimizing exposure to ultraviolet (UV) radiation for persons aged 6 months to 24 years with fair skin types to reduce their risk of skin cancer. B Recommendation. • Oral health 	
<p>Safety Issues</p> <p>Safety Issues – to include:</p> <ul style="list-style-type: none"> • Domestic Violence: The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians screen women of childbearing age for intimate partner violence (IPV), such as domestic violence, and provide or refer women who screen positive to intervention services. This recommendation applies to women who do not have signs or symptoms of abuse. USPSTF B Recommendation. <p>Examples of IPV Screening Tools (not a comprehensive list)</p> <ul style="list-style-type: none"> • Woman Abuse Screening Tool (WAST) • HITS • Humiliation, Afraid, Rape, Kick (HARK) from: BMC Fam Pract. 2007; 8: 49 – Permission required • RADAR • Personalized Safety Plan • Smoke and carbon monoxide detectors • Firearms use and safe storage of • Appropriate protective/safety equipment for such activities as biking, skating, and skiing • Seat belt use 	<ol style="list-style-type: none"> 1. AAFP (2001) 2. USPSTF (1996), 2012 3. ACOG (2000)

Anticipatory Guidance/Safety Issues	References
<p>Screening for Alcohol Use in Adults</p> <p>The USPSTF recommends that clinicians screen adults aged 18 years or older for alcohol misuse and provide persons engaged in risky or hazardous drinking with brief behavioral counseling interventions to reduce alcohol misuse. B Recommendation</p> <p>The AAFP recommends counseling adults who are problem drinkers regarding the dangers of driving while intoxicated and the risk of automobile accidents.</p> <p>Assessment of substance abuse using the Alcohol Use Disorders Identification Test [AUDIT] or equivalent tool.</p>	<ol style="list-style-type: none"> 1. USPSTF (1996) Updated 2004, 2013 2. AAFP (1996) Updated 2003

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