

**UnitedHealthcare has adopted preventive care guidelines based on the recommendations of the U.S. Preventive Services Task Force (USPSTF). Benefit coverage for individual health services often includes age ranges or frequency of service that are more liberal than those adopted by USPSTF. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Please direct questions to your personal physician. The table below is only a summary.**

**These guidelines are recommendations for preventive health care; the services listed may or may not be included in, or covered by your benefit plan.**

## Clinical Preventive Services for Normal-Risk Adults Recommended by the U.S. Preventive Services Task Force

	Range of Recommended Ages												
Years of Age	18	25	30	35	40	45	50	55	60	65	70	75	
<b>SCREENING</b>													
Blood Pressure, Height, and Weight	Periodically												
Obesity	Periodically												
Cholesterol				Men: Every 5 Years				Women: Every 5 Years					
Pap Smear	Women: Every 1 to 3 Years												
Chlamydia													
Mammography				Every 1 to 2 Years									
Colorectal Cancer*						Depends on Test							
Osteoporosis											Routinely		
Alcohol Use, Depression	Periodically												
Vision, Hearing											Periodically		
<b>IMMUNIZATION</b>													
Tetanus-Diphtheria (Td)	Every 10 Years												
Varicella (VZV)	Susceptibles Only-Two Doses												
Measles, Mumps, Rubella (MMR)	All With Lack of Immunity												
Pneumococcal											One Dose		
Influenza								Yearly					
Hepatitis B	Persons at Risk												
Meningococcal	For Certain High Risk Groups**												
<b>CHEMOPREVENTION</b>													
Assess cardiovascular disease risk and discuss aspirin to prevent CVD events							Men: Periodically						
							Women: Periodically						
Discuss breast cancer chemoprevention with women at high risk for breast cancer and low risk for adverse effects.						Women: Periodically							
<b>COUNSELING</b>													
Calcium Intake	Women: Periodically												
Folic Acid	Women of Childbearing Age												
Breastfeeding	Women After Childbirth												
Tobacco cessation, drug and alcohol use, STDs and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy	Periodically												

### Upper Age Limits Should Be Individualized For Each Patient

\* See [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov) for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.

\*\* High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function or they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.