

Preventive Health Recommendations for 2008

DEVELOPED BASED ON SCIENTIFIC EVIDENCE
 These recommendations are not to be confused with the benefits covered by PacifiCare/Secure Horizons as defined in the member's Evidence of Coverage/ Disclosure Form.

Authorized By: Medical Management Guideline Committee

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11/22/05; 2/22/06; 4/11/06; 8/22/06; 11/1/06; 2/20/07; 2/19/08

	0-10 years	11-24 years	25-64 years	65+ years
ASSESSMENT Abdominal Aortic Aneurysm ¹ USPSTF, 2/2005				<ul style="list-style-type: none"> One-time screening for abdominal aortic aneurysm by ultrasonography in men aged 65-75 who have ever smoked
Breast Cancer Screening ^{2,3} USPSTF, 2/2002 (Screening) and 9/2005 (BRCA Testing)			<ul style="list-style-type: none"> Screening mammography, with or without clinical breast exam, every 1 to 2 years for women age 40 and older Inform of potential benefits, limitations, and possible harms of mammography in making decisions about when to begin screening Women whose family history is associated with an increased risk for deleterious mutations in BRCA1 or BRCA2 genes be referred for genetic counseling and evaluation for BRCA testing. 	<ul style="list-style-type: none"> Screening mammography, with or without clinical breast exam, every 1 to 2 years for women age 40 and older Inform of potential benefits, limitations, and possible harms of mammography in making decisions about when to begin screening
Cervical Cancer Screening ⁴ USPSTF, 1/2003		<ul style="list-style-type: none"> At least every 3 years beginning at age 21 or for women who are or have been sexually active, whichever comes first; interval as recommended by physician based on risk factors 	<ul style="list-style-type: none"> At least every 3 years for women who have a cervix; interval as recommended by physician based on risk factors 	<ul style="list-style-type: none"> May discontinue regular testing after age 65 in women who have had adequate recent screenings in which test results have been normal and who are otherwise not at risk

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Chlamydia Infection Screening ⁵		<ul style="list-style-type: none"> At least annually for sexually active females age 24 years and younger 	<ul style="list-style-type: none"> At least annually for other asymptomatic females at increased risk for infection 	<ul style="list-style-type: none"> At least annually for asymptomatic females at increased risk for infection
Colorectal Cancer Screening ⁶			<ul style="list-style-type: none"> Routine screening beginning at age 50 for men and women at average risk with interval determined by method. Potential screening options include home Fecal Occult Blood Test (FOBT), flexible sigmoidoscopy, the combination of home FOBT and flexible sigmoidoscopy, colonoscopy, and double-contrast barium enema 	<ul style="list-style-type: none"> Routine screening with interval determined by method. Potential screening options include home Fecal Occult Blood Test (FOBT), flexible sigmoidoscopy, the combination of home FOBT and flexible sigmoidoscopy, colonoscopy, and double-contrast barium enema
USPSTF, 6/2007				
Depression Screening ⁷	<ul style="list-style-type: none"> Remain alert for possible signs and symptoms of depression 	<ul style="list-style-type: none"> Routine screening for adults Remain alert for possible signs and symptoms of depression in younger patients 	<ul style="list-style-type: none"> Routine screening for adults 	<ul style="list-style-type: none"> Routine screening for adults
USPSTF, 7/2002				
Diabetes-Type 2 ⁸			<ul style="list-style-type: none"> Screening of adults with hypertension or hyperlipidemia 	<ul style="list-style-type: none"> Screening of adults with hypertension or hyperlipidemia
USPSTF, 2/2003				
Gonorrhea ⁹	<ul style="list-style-type: none"> Prophylactic ocular topical medication for all newborns 	<ul style="list-style-type: none"> Screening of all sexually active females, including those who are pregnant, if they are at increased risk for infection 	<ul style="list-style-type: none"> Screening of all sexually active females, including those who are pregnant, if they are at increased risk for infection 	<ul style="list-style-type: none"> Screening of all sexually active females if they are at increased risk for infection
USPSTF, 5/2005				
Hearing ¹⁰				<ul style="list-style-type: none"> At physician discretion
USPSTF, 1/1997 (adult) 10/2001 (newborn)				

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ASSESSMENT	0-10 years	11-24 years	25-64 years	65+ years
Height and Weight ¹¹ USPSTF, 1/1997 AAP, 3/2000	<ul style="list-style-type: none"> Growth chart plotted during office visit from birth on 	<ul style="list-style-type: none"> Periodically 	<ul style="list-style-type: none"> Periodically 	<ul style="list-style-type: none"> Periodically
High Blood Pressure ¹² (Hypertension) USPSTF, 12/2007		<ul style="list-style-type: none"> Periodic screening beginning at age 18 years 	<ul style="list-style-type: none"> Periodic screening 	<ul style="list-style-type: none"> Periodic screening
Human Immunodeficiency virus (HIV) ¹³ USPSTF, 7/2005		<ul style="list-style-type: none"> Screen all adolescents and adults at increased risk for HIV infection 	<ul style="list-style-type: none"> Screen all adolescents and adults at increased risk for HIV infection 	<ul style="list-style-type: none"> Screen all adults at increased risk for HIV infection
Lipid Disorder Screening ¹⁴ USPSTF, 3/2001		<ul style="list-style-type: none"> Routine screening beginning at age 20 if other risk factors for coronary heart disease exist 	<ul style="list-style-type: none"> Routine screening for males age 35 and older and females age 45 and older Routine screening for younger adults if other risk factors for coronary heart disease exist 	<ul style="list-style-type: none"> Routine screening
Obesity ¹⁵ USPSTF, 12/2003		<ul style="list-style-type: none"> Routine screening for adults – offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults 	<ul style="list-style-type: none"> Routine screening for adults – offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults 	<ul style="list-style-type: none"> Routine screening for adults – offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults
Osteoporosis Screening ¹⁶ USPSTF, 9/2002			<ul style="list-style-type: none"> Routine screening beginning at age 60 for women at increased risk of osteoporotic fracture 	<ul style="list-style-type: none"> Routine screening for women

