

# Inter Valley Health Plan

## Preventive Health Care Guidelines 2012

### SERVICES

CHOLESTEROL SCREENING

COLORECTAL CANCER SCREENING

DIGITAL RECTAL EXAM (for men)

EYE EXAM

MAMMOGRAM

OSTEOPOROSIS SCREENING

PAP TEST

PREVENTIVE HEALTH EXAM  
(includes history, physical exam, height, weight, blood pressure and risk assessment)

PSA (for men)

TSH (for women)

### SYNOPSIS

Beginning at age 20 a complete fasting lipid profile should be done every 5 years (Annually for those with high risk factors)

Fecal occult blood testing annually starting at age 50, OR screening colonoscopy once every ten years.

Annually, starting at age 50

Annual exam when over the age of 60.

Every one to two years for women ages 40 – 69.  
Women 69+ should discuss this with their physician

Routine screening for adults at increased risk for osteoporosis.  
At age 65+ routine screening for all women

Beginning at age 21 or with onset of sexual activity.  
Discontinue at age 65. Frequency and exceptions as determined by history and other factors.

Age 19-40, every five years, 41-50 every three years, 51-59, every two years, 60+ every one to two years

Discuss with your physician starting at age 50

Every 5 years, starting at age 50

### IMMUNIZATIONS

HEPATITIS A (for high risk individuals)

HEPATITIS B (for high risk individuals)

INFLUENZA VACCINE (for people age 50 and over and other high risk individuals)

MMR (Measles, mumps & rubella) For those without proof of immunity or if no 2nd dose

PNEUMOCOCCUS (pneumonia)

Tdap BOOSTER  
(tetanus, diphtheria, pertussis)

VARICELLA (chicken pox)

Zoster

### RECOMMENDATION

Two doses – second dose six months after first

At current visit, then at one and six months

Annually, each fall

Once

Once for all adults over the age of 65. High-risk individuals may require additional doses.

Once every ten years for tetanus and diphtheria. Once in a lifetime for pertussis.

Two doses if not already immune.

Once after age 60.



Inter Valley Health Plan

For health. Not for profit.

[www.ivhp.com](http://www.ivhp.com)

## ADDITIONAL RECOMMENDATIONS

Physicians should discuss supplemental benefit of 400 mcg of folic acid with women of childbearing age.

TB Screening for high-risk population.

Maintain high level of awareness for depression.

Women should be instructed on self-breast exam.

Physicians should discuss hormone replacement therapy with perimenopausal and menopausal women.

Skin cancer screening for high-risk patients.

Ask about bladder control, falls, physical activity/exercise and smoking.

## PREGNANCY

Comprehensive screening exam (blood pressure, weight, hematocrit/hemoglobin, Hepatitis B surface antigen, RPR/VDRL, Chlamydia screening, Rubella screening, Vaccination history, RH incompatibility, urine culture, gonorrhea culture)

Other tests:

Postpartum visit

First Visit

First Trimester (FTS), counseling about chorionic villus sampling (CVS) and amniocentesis. FTS includes ultrasound and blood screen. AlphaFeto Protein, 15-20 weeks, Glucose Tolerance, 24-28 weeks. Group B streptococcal bacteria 35-37 weeks. Influenza vaccine to be done on women who will be pregnant during the flu season

To be done within three to six weeks following delivery.

Inter Valley Health Plan supports the recommendations of the U.S. Preventive Services Task Force and the CDC's Advisory Committee on Immunization Practices in conjunction with those of other widely recognized professional organizations. These guidelines are intended to be a synopsis of those recommendations. For details and application to a specific individual, providers should apply the actual recommendation and clinical judgment. Check with the Plan Benefit Summary to determine if a particular service is covered. Approved by the Medical Advisory Committee on January 13, 2012.



**Inter Valley Health Plan**

For health. Not for profit.

**800-251-8191 ■ TTY/TDD 800-505-7150**

7:30 am to 8 pm seven days a week

[www.ivhp.com](http://www.ivhp.com)

Inter Valley Health Plan is a not for profit company and a Medicare Advantage Organization with a Medicare contract. Anyone entitled to Part A and enrolled in Part B may apply, including those under age 65 entitled to Medicare on the basis of Social Security disability benefits. If you do not have Medicare Part A, you may purchase it from Social Security. Members must continue to pay Medicare Part B Premium.