



SERVICES	SYNOPSIS
Cholesterol Screening	Beginning at age 20 a complete fasting lipid profile should be done every 5 years. (Annually for those with high risk factors.)
Colorectal cancer screening	Fecal occult blood testing annually starting at age 50, flexible sigmoidoscopy every 5 years, OR screening colonoscopy once every ten years.
Digital rectal exam (for men)	Annually, starting at age 50
Eye Exam	Annual exam when over the age of 60.
Mammogram	Every 1-2 years for women ages 40-69. Women 69+ should discuss this with their physician
Osteoporosis Screening	Routine screening for adults at increased risk for osteoporosis. At age 65+ routine screening for all women
Pap Test	Beginning at age 21 or with onset of sexual activity. Discontinue at age 65. Frequency and exceptions as determined by history and other factors.
Preventive Health Exam (includes history, physical exam, height, weight, blood pressure and risk assessment)	Age 19-40, every 5 years, 41-50 every 3 years, 51-59, every 2 years, 60+ every 1-2 years
PSA (for men)	Discuss with your physician starting at age 50
TSH (for women)	Every 5 years, starting at age 50
IMMUNIZATIONS:	RECOMMENDATION
Hepatitis A (for high risk individuals)	2 doses-second dose 6 months after first
Hepatitis B (for high risk individuals)	At current visit, then at 1 and 6 months
Influenza Vaccine (for people age 50 and over and other high risk individuals)	Annually, each fall
MMR: (Measles, mumps and rubella) For those without proof of immunity or if no 2 nd dose	Once
IMMUNIZATIONS:	RECOMMENDATION
Pneumococcus (pneumonia)	All adults over the age of 65 and other high-risk individuals

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Tdap Booster (tetanus, diphtheria, pertussis)	Once every ten years for tetanus and diphtheria. Once in a lifetime for pertussis in people under age 65.
Varicella	Two doses if not already immune.
Zoster	Once after age 60.
ADDITIONAL RECOMMENDATIONS:	
<p>Physicians should discuss supplemental benefit of 400 mcg of folic acid with women of childbearing age.</p> <p>TB Screening for high-risk population.</p> <p>Maintain high level of awareness for depression.</p> <p>Women should be instructed on self-breast exam.</p> <p>Physicians should discuss hormone replacement therapy with perimenopausal and menopausal women.</p>	
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)	First Visit
Other tests:	1 st 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
Postpartum visit	To be done within 3-6 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 March 12, 2010.

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