

Partnering for Your Best Health 2020



We're here to partner with you in your complete health and wellness. At Sutter Health, you have a complete care team with you. We believe in partnering in your health and wellness so you can feel your best. Find out when check-ups, screenings and immunizations are generally recommended, then talk to your provider or care team about what's right for you.



Birth to 17

Checkups

New Visits at 1, 2, 4, 6, 9, 12, 15 and 18 months of age. Annual visits from ages 2 to 17, including a visit at age 30 months.

Screening Tests

Vision: Check once before age 5.

Obesity: Monitor starting at age 6.

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 15 to 24 years.

HIV/AIDS: Check between ages 15 and 65.

Immunizations

Two-month series of vaccines can be given as early as 6 weeks.

Age	Months						Years				
	Birth	1	2	4	6	12	18	2	4-5	11	16
Hepatitis B	•	•									
Haemophilus Influenzae Type B		•	•	•	•						
Polio		•	•	•							•
Diphtheria, Tetanus and Acellular Pertussis		•	•	•			•				•
Rotavirus		•	•	•							
Pneumococcal		•	•	•							
Tdap or Td											•
Measles, Mumps and Rubella						•					•
Varicella (Chickenpox)						•					•
Hepatitis A						•	•				
Influenza (yearly)				•			•	•	•	•	•
Meningococcal Conjugate											•
Human Papillomavirus (HPV)											•

New **Human Papillomavirus (HPV):** Ages 11 to 14 years should receive a two-dose series or ages 15 to 26 should receive a three-dose series.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about more steps for a healthy pregnancy.

Age 18 to 39

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

HIV/AIDS: Check between ages 15 and 65.

Immunizations

Influenza (Flu): Yearly flu vaccine.

Varicella (Chickenpox): A vaccine for adults born in 1980 or later.

New **HPV (Human Papillomavirus):** Ages 15 to 26 should receive a three-dose series.

MMR (Measles, Mumps and Rubella): Adults ages 19 to 59 should have recorded in their chart at least one dose of the vaccine.

New **Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Women's Health

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 15 to 24 years.

Cervical Cancer: For all women ages 21 to 29—Pap test every three years. For women ages 30 to 65—Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.

Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about more steps for a healthy pregnancy.

Discussion Topics: Routine topics may include alcohol and tobacco use, depression, diabetes, domestic violence, heart health, preventing falls, safe sex and skin cancer. Talk to your care team about what is important to you. Together, you and your care team can develop action steps for your best health.

Age 40 to 49

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Cholesterol: Check every five years.

HIV/AIDS: Check between ages 15 and 65.

Immunizations

Influenza (Flu): Yearly flu vaccine.

MMR (Measles, Mumps and Rubella): Adults ages 19 to 59 should have recorded in their chart at least one dose of the vaccine.

New **Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Women's Health

Cervical Cancer: For women ages 30 to 65 Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.

Pregnancy: All females who are pregnant or able to get pregnant should take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid. Talk to your doctor about additional steps for a healthy pregnancy.

Breast Cancer: Mammography is optional every other year. Talk to your doctor about your options for breast cancer screening. It's your decision whether to start screening before the age of 50.

Age 50 to 74

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Cholesterol: Check every five years.

Colon Cancer: Preferred Screening Options—A colonoscopy every 10 years; a stool FIT* test every year; or a sigmoidoscopy every 10 years with annual FIT testing. **Other Options—**A CT colonography every five years; or a FIT/DNA test every three years.

*FIT= Fecal immunochemical test

Hepatitis C: Check adults born between 1945 and 1965.

HIV/AIDS: Check between ages 15 and 65.

Immunizations

Influenza (Flu): Yearly flu vaccine.

MMR (Measles, Mumps and Rubella): Adults ages 19 to 59 should have recorded in their chart at least one dose of the vaccine.

New **Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Tdap or Td booster every 10 years.

Zoster (Shingles): Adults age 50 and older should receive a two-dose vaccine series.

Pneumococcal (Pneumonia): Pneumococcal vaccine series beginning at age 65.

Men's Health

Prostate Cancer: Talk to your doctor about your risk. Regular screening is not recommended for men who have an average risk.

Women's Health

Cervical Cancer: For women ages 30 to 65 Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.

Breast Cancer: Mammography every two years.

Bone Density: Check starting at age 65.

Age 75 and Older

Wellness Check

Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Colon Cancer: The decision to screen for colorectal cancer in adults ages 76 to 85 years should be an individual one, taking into account the patient's overall health and prior screening history.

Immunizations

Influenza (Flu): Yearly flu vaccine.

New **Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):** Tdap or Td booster every 10 years.

Zoster (Shingles): Adults age 50 and older should receive a two-dose vaccine series.

New **Pneumococcal (Pneumonia):** Pneumococcal vaccine series beginning at age 65.

Men's Health

Prostate Cancer: Talk to your doctor about your risk. Regular screening is not recommended for men who have an average risk.

Women's Health

Breast Cancer: Mammography is optional after age 74.

These guidelines may vary for patients with personal or family health risks or who take certain medications.

The preventive services guidelines provided in this document are based primarily on the recommendations of the U.S. Preventive Services Task Force (USPSTF) and the Centers for Disease Control and Prevention (CDC), but may vary. Check your SutterSelect Summary Plan Description (SPD) for SutterSelect benefit and coverage information for these services.

New = Updated or changed guidelines for 2020.