Partnering For Your Best Health

Health Maintenance Guidelines: Checkups, Screenings, Immunizations

2022

Key

Recommended
These recommendations, based on guidelines set forth by the United States Preventative Services Task Force (USPSTF) and the Advisory Committee on Immunization Practices (ACIP), have been identified as having high certainty that the net benefit is either moderate to substantial and are recommended for patients.

Discussion Topics
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.

Individualized/Patient-Provider Shared Decisions
Optional items are appropriate for some patients. Discuss with your care team if these items will benefit your health.

Changes to recommendations occur throughout the year. Use a mobile device to scan and view the most recent recommendations on sutterhealth.org

Birth to 17

Checkups
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; screen for healthy weight.

Blood Pressure: Check annually age 3+.

Screening Tests
Vision: At least once between ages 3 to 5 years.

Obesity: Monitor starting at age 6.

Chlamydia and Gonorrhea: Check yearly for sexually active females ages 16 to 24 years.

HIV: Age 15 and older, start younger if at risk.

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

<table>
<thead>
<tr>
<th>Age</th>
<th>Months</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth</td>
<td>1</td>
<td>2-5</td>
</tr>
<tr>
<td>1</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>12</td>
<td>16</td>
</tr>
<tr>
<td>4-5</td>
<td>4-5</td>
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<tr>
<td>6</td>
<td>6</td>
<td></td>
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<tr>
<td>9</td>
<td>15</td>
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<tr>
<td>12</td>
<td>18</td>
<td></td>
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<tr>
<td>15</td>
<td>2-4</td>
<td>5-6</td>
</tr>
<tr>
<td>18</td>
<td></td>
<td>10-16</td>
</tr>
</tbody>
</table>

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)

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.

Discussion Topics
Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.

Depression: Discuss with your provider beginning at age 12.

Domestic Violence: Discuss with your provider beginning at age 12.

Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.

Individualized/Patient-Provider Shared Decisions
Meningococcal B Vaccine: Ages 16 to 23.

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Age 18 to 39

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

Screening Tests
- HIV: Check between ages 15-65
- Hepatitis C: Check once between ages 18 to 79.
- Obesity: Monitor periodically throughout adulthood.
- New Diabetes: Discuss with your provider; screen every three years if overweight.
- Blood Pressure: Check every three to five years (annual if risk factors).

Immunizations
- Influenza (Flu): Yearly flu vaccine.
- New Hepatitis B: All adults ages 19-59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of Hepatitis B vaccine depending on vaccine or condition.
- New Shingles: All adults age 50 and older and ages 19-49 with immunocompromising conditions should receive a two-dose vaccine series.
- Varicella (Chickenpox): A vaccine for adults born in 1980 or later.
- HPV (Human Papillomavirus): Ages 15 to 26 should receive a three-dose series.
- MMR (Measles, Mumps and Rubella): Adults ages 19 to 39 should have recorded in their chart at least one dose of the vaccine.
- 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.
- New Pneumococcal: For patients with certain underlying medical conditions, complete vaccine series with Pneumococcal 20 only or Pneumococcal-15 and Pneumococcal 23.

Women’s Health
- Chlamydia and Gonorrhea: Check yearly for sexually active females ages 16 to 24 years.
- Cervical Cancer Screening Options: Pap test every three years starting at age 21. Women 30 and older have the option for high risk HPV testing with or without a Pap test 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
- Alcohol: Discuss with your provider beginning at age 18.
- Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.
- Depression: Discuss with your provider beginning at age 12.
- Domestic Violence: Discuss with your provider beginning at age 12.
- Unhealthy Drug Use: Discuss with your provider beginning at age 18.
- Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.
- Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions
- Meningococcal B Vaccine: Ages 16 to 23.
- HPV Vaccine: Ages 27 to 45.

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: Check between ages 15-65
- Hepatitis C: Check once between ages 18 to 79.
- Obesity: Monitor periodically throughout adulthood.
- New Diabetes: Discuss with your provider; screen every three years if overweight.
- Colon Cancer: Preferred Screening Options – Starting at age 45, a colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) 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.
- Blood Pressure: Check annually.

Immunizations
- Influenza (Flu): Yearly flu vaccine.
- New Hepatitis B: All adults ages 19-59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of Hepatitis B vaccine depending on vaccine or condition.
- New Shingles: All adults age 50 and older and ages 19-49 with immunocompromising conditions should receive a two-dose vaccine series.
- MMR (Measles, Mumps and Rubella): Adults ages 40 to 49 should have recorded in their chart at least one dose of the vaccine.
- 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.
- New Pneumococcal: For patients with certain underlying medical conditions, complete vaccine series with Pneumococcal 20 only or Pneumococcal-15 and Pneumococcal 23.

Women’s Health
- Cervical Cancer Screening Options: Pap test every three years or high risk HPV with or without a Pap test 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
- Alcohol: Discuss with your provider beginning at age 18.
- Tobacco Use, Including Vaping Electronic Cigarettes: Discuss with your provider beginning at age 11.
- Depression: Discuss with your provider beginning at age 12.
- Domestic Violence: Discuss with your provider beginning at age 12.
- Unhealthy Drug Use: Discuss with your provider beginning at age 18.
- Prevention of Sexually Transmitted Infections: Discuss with your provider beginning at age 11.
- Prevention of Skin Cancer: Discuss with your provider beginning at age 6.

Individualized/Patient-Provider Shared Decisions
- HPV Vaccine: Ages 27 to 45.
- Breast Cancer Screening: Ages 40 to 49.
### Wellness Check
Check blood pressure, screen for healthy weight and assess overall health.

### Screening Tests

<table>
<thead>
<tr>
<th>Test</th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cholesterol</strong></td>
<td>Check every five years.</td>
</tr>
<tr>
<td><strong>HIV</strong></td>
<td>Check between ages 15-65</td>
</tr>
<tr>
<td><strong>Hepatitis C</strong></td>
<td>Check once between ages 18 to 79.</td>
</tr>
<tr>
<td><strong>Obesity</strong></td>
<td>Monitor periodically throughout adulthood.</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td>Discuss with your provider; screen every three years if overweight.</td>
</tr>
<tr>
<td><strong>Colon Cancer</strong></td>
<td>Preferred Screening Options – A colonoscopy every 10 years, a stool Fecal Immunochemical Test (FIT) 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.</td>
</tr>
<tr>
<td><strong>Lung Cancer</strong></td>
<td>Screen annually for adults age 50-80 years old who have a 20 pack-year smoking history AND currently smoke or have quit in the last 15 years.</td>
</tr>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>Check annually.</td>
</tr>
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</table>

### Immunizations

<table>
<thead>
<tr>
<th>Immunization</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Influenza (Flu)</strong></td>
<td>Yearly flu vaccine.</td>
</tr>
<tr>
<td><strong>Hepatitis B</strong></td>
<td>All adults ages 19-59 years and age 60 years or older with risk factors for HBV should receive two, three or four doses of Hepatitis B vaccine depending on vaccine or condition.</td>
</tr>
<tr>
<td><strong>MMR (Measles, Mumps and Rubella)</strong></td>
<td>Adults ages 50 to 59 should have recorded in their chart at least one dose of the vaccine.</td>
</tr>
<tr>
<td><strong>Tdap/Td</strong> (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria)</td>
<td>Tdap or Td booster every 10 years.</td>
</tr>
<tr>
<td><strong>Shingles</strong></td>
<td>All adults age 50 and older should receive a two-dose vaccine series.</td>
</tr>
<tr>
<td><strong>Pneumococcal</strong></td>
<td>For age 65 and older or ages 50-64 with certain underlying medical conditions, complete vaccine series with Pneumococcal 20 only or Pneumococcal-15 and Pneumococcal 23.</td>
</tr>
</tbody>
</table>

### Women's Health

<table>
<thead>
<tr>
<th>Screening Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cervical Cancer Screening Options</strong></td>
<td>Pap test every three years or high risk HPV with or without a Pap test every five years until age 65.</td>
</tr>
<tr>
<td><strong>Breast Cancer</strong></td>
<td>Mammography every two years.</td>
</tr>
<tr>
<td><strong>Bone Density</strong></td>
<td>Check starting at age 65.</td>
</tr>
</tbody>
</table>

### Discussion Topics

<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcohol</strong></td>
<td>Discuss with your provider beginning at age 18.</td>
</tr>
<tr>
<td><strong>Tobacco Use, Including Vaping Electronic Cigarettes</strong></td>
<td>Discuss with your provider beginning at age 11.</td>
</tr>
<tr>
<td><strong>Depression</strong></td>
<td>Discuss with your provider beginning at age 12.</td>
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<tr>
<td><strong>Domestic Violence</strong></td>
<td>Discuss with your provider beginning at age 12.</td>
</tr>
<tr>
<td><strong>Preventing Falls</strong></td>
<td>Discuss with your provider beginning at age 65.</td>
</tr>
<tr>
<td><strong>Unhealthy Drug Use</strong></td>
<td>Discuss with your provider beginning at age 18.</td>
</tr>
<tr>
<td><strong>Prevention of Sexually Transmitted Infections</strong></td>
<td>Discuss with your provider beginning at age 11.</td>
</tr>
<tr>
<td><strong>Prevention of Skin Cancer</strong></td>
<td>Discuss with your provider beginning at age 6.</td>
</tr>
</tbody>
</table>

### Individualized/Patient-Provider Shared Decisions

<table>
<thead>
<tr>
<th>Screening Option</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Abdominal Aortic Aneurysm Screening</strong></td>
<td>Ages 65 to 75.</td>
</tr>
<tr>
<td><strong>Colon Cancer Screening</strong></td>
<td>Ages 76 to 85.</td>
</tr>
<tr>
<td><strong>Breast Cancer Screening</strong></td>
<td>Age 75+.*</td>
</tr>
</tbody>
</table>