

Adult Wellness Guidelines

Adult health — for ages 18 and over

Preventive care is very important for adults. By making healthier choices, you can improve your overall health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco products
- Limit alcohol use
- Strive for a healthy weight

Adult recommendations

Screenings					
Physical Exam	Every year, or as directed by your doctor.				
Body Mass Index (BMI)	Every year.				
Blood Pressure (BP)	At least every two years.				
Colon Cancer Screening	Beginning at age 50 — colonoscopy every 10 years, flexible sigmoidoscopy every five years, fecal occult blood test every year or fecal immunochemical test (FIT) every year.				
Diabetes Screening	Screening should begin at age 45. If you have high blood pressure, high cholesterol, are overweight or have a close family history of diabetes, you should consider being screened earlier.				
Immunizations					
	19-21 years	22-26 years	27-49 years	50-64 years	65 and older
Influenza (Flu)*	Once each year				
Tetanus, Diphtheria, Pertussis (Tdap)*	One dose with a booster every 10 years				
Herpes Zoster (Shingles) - RZV*				Two doses RZV	
or Herpes Zoster (Shingles) - ZVL*				OR one dose ZVL for those 60 and older	
Varicella (Chickenpox)*	Two doses				
Pneumococcal (Pneumonia)*					Two doses
Measles, Mumps & Rubella (MMR)*	One or two doses if no evidence of immunity				
Human Papillomavirus (HPV) – Female*	Two or three doses depending on age at series initiation				
Human Papillomavirus (HPV) – Male*	Two or three doses depending on age at series initiation				
Hepatitis A**	Two or three doses for at-risk adults. Discuss with your doctor if this vaccine is right for you.				
Hepatitis B**	Three doses for at-risk adults. Discuss with your doctor if this vaccine is right for you.				
Meningitis**	One to three doses depending on indication. This vaccine is only recommended for specific groups of adults. Discuss the risks and benefits with your doctor.				
Hib*	One to three doses depending on health risks. This vaccine is only recommended for specific groups of adults. Discuss the risks and benefits with your doctor.				

*Recommended for most adults.

**Recommended for adults with certain health risks.

Women's health

Women have their own unique health care needs. To stay well, they should make regular screenings a priority. Women should discuss the recommendations listed on the chart with their doctors.

Women's recommendations	
Mammogram	Beginning at age 40, women should discuss breast cancer screening with their physician. All women starting at age 50 should have a mammogram every two years.
Cholesterol	Ages 30 – 35 should be tested if at high risk. Women age 45 and over should be tested.
Pap Test	Women ages 21 – 65: Pap test every three years. Another option for ages 30 – 65: Pap test and HPV test every five years. Women who have had a hysterectomy or are over age 65 may not need a Pap test.*
Osteoporosis Screening	Beginning at age 65, or at age 60 if risk factors are present.*
Aspirin Use	At ages 50 – 79, talk with your doctor about the benefits and risks of aspirin use.
Folic Acid	Women planning/capable of pregnancy should take a daily supplement containing .4 – .8 mg of folic acid for prevention of neural tube defects.

Men's health

Men are encouraged to get care as needed and make smart choices. That includes following a healthy lifestyle and getting recommended preventive care services. Men should discuss with their doctors the recommendations shown in the table.

Men's recommendations	
Cholesterol	Ages 20 – 35 should be tested if at high risk. Men age 35 and over should be tested.
Abdominal Aortic Aneurysm	Once between ages 65 and 75 if you have ever smoked.
Aspirin Use	At ages 50 – 79, talk with your doctor about the benefits and risks of aspirin use.

**Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.*

Sources: American Cancer Society, U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force. These are independent agencies that provide health information on behalf of BlueCross BlueShield of South Carolina.

