

## ADULT PREVENTIVE HEALTH SCREENING GUIDELINES

These guidelines for adult health screening and preventive services are derived from the most recent United States Preventive Services Task Force (USPSTF) and other nationally recognized standards of practice from organizations such as American Academy of Family Physicians (AAFP), American College of Obstetricians and Gynecologists (ACOG), American Cancer Society (ACS), American College of Physicians (ACP), and others. Age, sex and risk factor specific USPSTF recommendations can be found using the ePSS app found on the USPSTF website.

Required interventions are italicized and considered to be an integral component of primary care. Consequently, Partnership HealthPlan of California (Partnership) audits the compliance of each PCP performing these services at least once every three years during the Medical Record Review (MRR).

\*The USPSTF recommends clinicians discuss these preventive services with eligible patients and offer them as a priority. All these services have received an “A” (strongly recommended) or a “B” (recommended) grade from the Task Force.

PREVENTIVE CARE	FREQUENCY/DETAILS
Aspirin for the Primary Prevention of Cardiovascular Events *	<p>A meta-analysis in the Jan. 22, 2019 issue of JAMA concluded that there was no net benefit for use of aspirin for primary prevention of cardiovascular disease.</p> <p>The USPSTF (April 2022) recommends for adults aged 40 to 59 years with a 10% or greater 10-year cardiovascular disease (CVD) risk, the decision to initiate low-dose aspirin for the primary prevention of CVD should be an individual one. Evidence indicates that the net benefit of aspirin use in this group is small. Persons who are not at increased risk for bleeding and are willing to take low-dose aspirin daily are more likely to benefit. (Grade C)</p> <p>For adults 60 years or older, the USPSTF recommends against initiating low-dose aspirin use for the primary prevention of CVD. (Grade D)</p> <p>Cardiovascular risk can be calculated by the heart risk calculator found at <a href="#">PREVENT Online Calculator – Professional Heart Daily / American Heart Association</a> or the ASCVD Risk Calculator Plus for mobile devices.</p>
Assessment for Hearing Impairment	<p>Age 65+ at the time of the periodic health examination. O best screen for individuals likely to take action based on abnormal testing results, consider a three-question screening: 1. Do you have difficulty with your hearing? 2. How bothered are you by your hearing loss? 3. How motivated are you to do something about it? (Affirmative responses to all three warrants referral for diagnostic evaluation and possible treatment.) Reference: <i>JAMA March 23/30, 2021, pp. 1162-1163.</i></p> <p>The USPSTF concludes current evidence is insufficient re: screening for hearing loss in older adults.</p>
High Blood Pressure Screening *	<p>Upon initial entry into PCP practice, then at least every two years. If elevated, the USPSTF (April 2021) recommends obtaining measurements outside of the clinical setting for diagnostic confirmation before starting treatment, when feasible.</p>
Hypertensive Disorders of Pregnancy Screening	<p>The USPSTF (September 2023) recommends screening for hypertensive disorders in pregnant persons with blood pressure measurements at each prenatal visit. This includes all pregnant persons without a known diagnosis of a hypertensive disorder of pregnancy or chronic hypertension. (Grade B)</p>

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Colorectal Cancer Screening *	<p>The USPSTF (May 2021) recommends performing screening for colorectal cancer in adults aged 50 to 75 (Grade A) and ages 45 to 49. (Grade B)</p> <ul style="list-style-type: none"> <li>Modalities include Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT) annually, OR colonoscopy every 10 years; OR flexible sigmoidoscopy every five years OR FIT_DNA test every three years. (See USPSTF for other variations.) CT colonoscopy is technically difficult and Partnership requires a Treatment Authorization Request (TAR).</li> <li>Recommendations for adults aged 50 to 75 (Grade A) differ from those aged 76 to 85. For adults aged 76 to 85 years, the decision to screen for colorectal cancer is an individual one, taking into account patient's overall health and prior screening for colorectal cancer are more likely to benefit.</li> <li>The USPSTF does not comment on screening for colorectal cancer in adults older than 85 years of age.</li> </ul>
Height & Weight	<ul style="list-style-type: none"> <li>Initial entry into PCP practice.</li> <li>Age 18 to 64: weight at least every two years.</li> <li>Age 65+: weight at least annually.</li> </ul>
HIV Screening and Pre-exposure Prophylaxis to Prevent Acquisition of HIV *	<p>The USPSTF (June 2018 – currently under review) recommends that each adolescent and adult ages 15 to 65 without risk factors be tested for HIV once in their lifetime. In addition, all individuals at increased risk for HIV, regardless of age, should be tested every year. Pregnant persons should be tested with each pregnancy, including those presenting in labor or at delivery whose HIV status is unknown.</p> <p>The Centers for Disease Control and Prevention (CDC) recommends prenatal testing for syphilis and HIV during a pregnant person's first prenatal visit and repeat testing for "high-risk" pregnant persons during the third trimester (preferably 28-32 weeks). (CDC, April 19, 2022)</p> <p>The USPSTF (August 2023) also recommends that clinicians prescribe preexposure prophylaxis using effective antiretroviral therapy to persons who are at increased risk of HIV acquisition to decrease the risk of acquiring HIV.</p>
Hepatitis C Screening*	<p>The USPSTF (March 2020) recommends a one-time screening for average risk adults ages 18 to 79. In addition, adults at increased risk of contracting Hepatitis C (e.g., those using injectable drugs of abuse), should be screened periodically (ungraded recommendation). There is limited evidence to determine how often to screen persons at increased risk.</p>
Lung Cancer Screening *	<p>The USPSTF (March 2021) recommends annual screening for lung cancer with low-dose computed tomography (LDCT; CPT code 71211) in adults ages 50 to 80 years who have a 20+ pack-year smoking history and IN ADDITION currently smoke or have quit within the past 15 years or develop a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery. (Grade B)</p> <p>Full-dose CT scans are not approved for screening.</p>
Syphilis Infection, Screening – Non-pregnant and Pregnant Persons *	<p>The USPST (September 2022) recommends screening persons at increased risk for syphilis. (Grade A) At highest risk are men who have sex with men and persons living with HIV. Other risk factors are history of incarceration, history of commercial sex work, male younger than 29 years old, and (in Partnership regions) current homelessness and current use of methamphetamines.</p> <p>The USPSTF (September 2018) recommends early screening for syphilis infection in all pregnant persons. Those presenting in labor or at delivery whose syphilis status is unknown should be tested at that time. (Grade A)</p>

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	<p>The Centers for Disease Control and Prevention (CDC) recommends prenatal testing for syphilis and HIV during a pregnant person's first prenatal visit and repeat testing for "high-risk" pregnant persons during the third trimester (preferably 28-32 weeks). (CDC April 19, 2022)</p> <p>Screen and confirm - Options for testing include traditional screening algorithm: Screen with an initial nontreponemal test (e.g., Venereal Disease Research Laboratory (VDRL) or rapid plasma regain [RPR] test). If positive, confirm with a treponemal antibody detection test (e.g., <i>T pallidum</i> particle automated treponemal test (e.g., enzyme-linked or chemiluminescence immunoassay). If positive, confirm with a nontreponemal test.</p>
Latent Tuberculosis Infection (LTBI) Screening	<p>The USPSTF (May 2023) recommends screening for latent tuberculosis infection (LTBI) in populations at increased risk. (Grade B) (See MPQG1004 Attachment B – TB Screening Overview for more specifics.) This recommendation meets the requirements of California's new Tuberculosis screening law, Assembly Bill 2132, which was signed into law Sept. 29, 2024, and took effect Jan. 1, 2025.</p>
Glaucoma Screening	<p>AAFP and USPSTF (May 2022) find insufficient evidence for or against. (Grade I) Medicare recommends screening for those in these high-risk categories: 1. Persons with diabetes, 2. Family history of glaucoma, 3. African American and age 50 or older, or 4. Hispanic and age 65 or older.</p>
Hyperlipidemia Screening (needed for full cardiovascular risk factor evaluation)	<p>The USPSTF recommendations covering lipid screening in adults are archived. UpToDate® ("Screening for lipid disorders in adults" Aug. 2, 2021) recommends obtaining a fasting or non-fasting lipid profile when an adult enters care at a new practice to screen for familial hypercholesterolemia and for cardiovascular risk assessment, with rescreening as part of a cardiovascular risk analysis every five years. Earlier rescreening may be indicated depending on patient-specific factors.</p>
Statin Use for Primary Prevention of Cardiovascular Disease (CVD)	<p>The USPSTF (August 2022) recommends prescribing statins for the primary prevention of CVD for adults ages 40 to 75 years with one or more CVD risk factors (i.e., dyslipidemia, diabetes, hypertension or smoking), AND a 10-year cardiovascular risk of <math>\geq 10\%</math> (Grade B) or 7.5% to <math>&lt; 10\%</math>. (Grade C)</p> <p>Current evidence is insufficient to assess benefits versus harms in adults &gt; 75 years of age. (Grade I)</p> <p>Cardiovascular risk can be calculated by the heart risk calculator found at <a href="#">PREVENT Online Calculator – Professional Heart Daily / American Heart Association</a> or the ASCVD Risk Calculator Plus for mobile devices.</p>
Vaccination	<p>Based on age and risk factors. For updated schedule, reference the CDC guidelines. <a href="https://www.cdc.gov/vaccines/schedules/">https://www.cdc.gov/vaccines/schedules/</a></p>
Diabetes Mellitus in Adults, Screening for Type 2 and Prediabetes *	<p>The USPSTF (August 2021) recommends screening all adults ages 35 to 70 years who are overweight or obese. (Grade B) The screening interval is uncertain, but every three years "may be reasonable."</p> <p>2023 Standards of the American Diabetes Association:</p> <ol style="list-style-type: none"> <li>1. Testing for prediabetes and DM2 in asymptomatic people should be considered in any overweight adult (BMI <math>&gt; 25</math>)<sup>1</sup> with one or more risk factors. Risk factors include a first-degree relative with diabetes, high-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander), history of CVD, hypertension, HDL cholesterol level <math>&lt; 35</math> mg/dL (0.90 mmol/L) and triglyceride level <math>&gt; 250</math> mg/dL (2.82 mmol/L), polycystic ovary syndrome, physical inactivity, and/or other clinical conditions associated with insulin resistance (e.g., severe obesity, acanthosis nigricans).</li> </ol>

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	<p>2. Screen all adults beginning at age 35 years.</p> <p>3. If test results are normal, screen every three years.</p> <p>4. Acceptable screening tests include fasting plasma glucose, 2-h plasma glucose during a 75-g GTT, and HgbA1c.</p> <p>5. Persons with HIV should be screened using a fasting glucose test before starting antiretroviral therapy, when switching therapies, and 3-6 months after starting therapy, and then annually, if screening results are normal.</p> <p><sup>1</sup> <i>The ADA suggests different BMI parameters for Asian Americans; however, Partnership does not endorse this differentiation.</i></p>
Dental Disease and referral to dental provider	<p>The USPSTF (November 2023) concludes that the current evidence is insufficient to assess the balance of benefits and harms of routine screening performed by primary care clinicians for oral health conditions, including dental caries or periodontal-related disease, in adults.</p> <p>The AAFP recognizes the PCP may act as a first line of defense by promoting good oral health during patient visits. Their recommendation is to assess for and promote oral health. Ask about brushing and flossing, use of tobacco and other smoked products, consumption of sugary drinks and advocating and assisting with identifying a primary dental office.</p> <p>Frequency includes entry into PCP practice, then yearly or as indicated by the PCP and/or dental care provider.</p>
Alcohol and Drug Misuse and Behavioral Counseling Interventions *	<p>The USPSTF (November 2018 currently under review) recommends screening for unhealthy alcohol use in primary care settings in adults 18 years and older, including pregnant persons. Screen all adults annually; if present, offer behavioral interventions to reduce unhealthy alcohol use. (Grade B)</p> <p>The USPSTF (June 2020) recommends asking about unhealthy drug use in adults aged 18 years or older. When screening is positive, offer or refer for appropriate treatment.</p> <p>California Department of Health Care Services (DHCS) All Plan Letter (APL) 21-014 – Alcohol and Drug Screening, Assessment, Brief Intervention and Referral to Treatment – Oct. 11, 2021)</p>
Diet, Behavioral Counseling in Primary Care to Promote a Healthy Lifestyle – Recommendations for adults with and without known CVD risks *	<p>The USPSTF (July 2022 - currently under review) recommends for adults <b>without</b> known CVD risk factors individualizing the decision to offer to refer to behavioral counseling interventions to promote a healthy diet and physical activity.</p> <p>The USPSTF (November 2020 – currently under review) recommends offering or referring adults <b>with</b> one of the following:</p> <ol style="list-style-type: none"> <li>1. Hypertension</li> <li>2. Dyslipidemia</li> <li>3. Mixed multiple risk factors such as metabolic syndrome or a <math>\geq 7.5\%</math> estimated 10-year CVD risk to intensive behavioral/counseling interventions to promote a healthy diet and physical activity for CVD prevention.</li> </ol> <p>This recommendation no longer includes adults with other known modifiable CVD risk factors such as abnormal blood glucose levels, obesity, and smoking, as these populations are covered by other USPSTF recommendations.</p> <p>Individuals with a diagnosis of prediabetes should be referred to participate in a Diabetes Prevention Program, if available.</p>
Screening for Depression and Suicide Risks * in	<p>The USPSTF (June 2023) recommends screening for depression on the general adult population, including pregnant persons and post-partum persons. (Grade B)</p> <p>Screening should be implemented with adequate systems in place to ensure</p>

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Adults and Perinatal Depression	<p>accurate diagnoses, effective treatment, and appropriate follow up. There is little evidence regarding optimal timing for screening.</p> <p>The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening for suicide risk in the adult population, including pregnant and post-partum persons, as well as older adults. (Grade I)</p> <p>The USPSTF (February 2019 – currently under review) also recommends that pregnant persons at risk of depression should be referred for counseling even if not currently depressed. (Grade B)</p> <p>Risk factors include low socio-economic status. Consequently, all pregnant Partnership members should be referred for at least one counseling session. The California Perinatal Services Program (CPSP) includes provision of counseling services. If a CPSP program is available, all eligible Partnership members should be referred to a CPSP program for counseling and other services.</p>
<b>BEHAVIORAL CONDITIONS</b>	<b>DETAILS</b>
Anxiety *	<p>The USPSTF recommends screening for anxiety disorders in adults 64 years or younger, including pregnant and post-partum persons who have no recognized signs of symptoms of anxiety. (Grade B)</p> <p>The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening for anxiety disorders in older adults 65 years or older. (Grade I)</p>
Obesity *	<p>The AAFP recommends screening all adults for obesity (using BMI &gt;30). This is a 2012 statement based on what were once current but are since retired USPSTF recommendations. The current USPSTF (September 2018 – currently under review) recommendation is clinicians should offer or refer patients with a BMI of 30 or more to intensive, multicomponent behavioral interventions. (Grade B)</p> <div style="background-color: #f9e79f; padding: 10px; border: 1px solid #ccc; margin: 10px 0;"> <math display="block">BMI = \frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \times 703</math> </div>
Tobacco Use and Tobacco Caused Disease Counseling, including for Pregnant Persons *	<p>For all adults who are not pregnant, the USPSTF (January 2021) recommends that clinicians ask about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and USDA (FDA) approved pharmacotherapy for cessation. (Grade A)</p> <p>For all pregnant persons, the USPSTF recommends that clinicians ask about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant persons who use tobacco. (Grade A)</p>
Unintended Pregnancy *	<p>Screen all reproductive aged persons at risk for unintended pregnancy (and males who may cause unintended pregnancy); offer counseling and access to contraceptives, including emergency contraception.</p> <p>Recommended screening question: “modified one key question”: “Do you, or any of your sensual or sexual partners, want to become pregnant in the coming year?”</p>
<b>OTHER SCREENINGS</b>	<b>DETAILS</b>

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Abdominal Aortic Aneurysm Screening*	The USPSTF (December 2019) recommends one-time screening for abdominal aortic aneurysm by ultrasound in persons aged 65 to 75 who have ever smoked and were assigned as male at birth. (Grade B)
Prostate Cancer Screening (Prostate Specific Antigen blood test) *	<p>USPSTF recommendations (May 2018 – currently under review):</p> <ul style="list-style-type: none"> <li>Asymptomatic average risk persons with a prostate aged 65 to 69 years should have shared decision making with their clinician about the pros and cons of screening. (Grade C)</li> <li>Persons with a prostate aged 70 and older should not be screened. (Grade D)</li> <li>Persons with a prostate with prostate symptoms may have a PSA as part of their diagnostic evaluation.</li> </ul>
Screening for Intimate Partner Violence *	<p>Adapted* from USPSTF (October 2018 – currently under review) recommendations: Screen all patients of childbearing age for intimate partner violence when a routine health maintenance exam is performed. (Grade B) Providers should refer patients who screen positive to ongoing support services.</p> <p><i>* Language updated to be non-gender specific.</i></p>
Breast Cancer Screening by Mammography *	<p>The USPSTF (April 2024) recommends biennial mammography for persons aged 40 to 74 years with breasts and assigned as female at birth. (Grade B)</p> <p>Transgender and Gender Diverse persons:</p> <p>The “Standards of Care for the Health of Transgender and Gender Diverse People, Version 8” from the World Professional Association for Transgender Health (WPATH) recommends “... health care professionals follow local breast cancer screening guidelines developed for cisgender women in their care of transgender and gender diverse people who have received estrogens, taking into consideration length of time of hormone use, dosing, current age, and the age at which hormones were initiated.” Shared decision making is recommended.</p>
Breast Cancer, Chemoprevention *	<p>The USPSTF (September 2019 – currently under review) recommends clinicians offer to prescribe risk reducing medications, such as tamoxifen, raloxifene or aromatase inhibitors, to persons at high risk for breast cancer and at low risk for adverse effects of chemoprevention. (Grade B)</p> <p>A breast cancer risk assessment tool is available at <a href="http://www.cancer.gov/bcrisktool">www.cancer.gov/bcrisktool</a></p>
Breast and Ovarian Cancer Susceptibility, Genetic Risk Assessment and BRCA Mutation Testing *	<p>Adapted* the USPSTF (August 2019 – currently under review) recommends assessment with an appropriate brief family risk assessment tool for persons at high risk of breast and ovarian cancer.</p> <p>Persons with a positive result should be offered genetic counseling and, if indicated after counseling, genetic testing. (Grade B) See MCUP3131 – Genetic Testing policy for details.</p>
Breastfeeding, Behavioral Interventions to Promote *	The USPSTF (October 2016 – update in progress) recommends interventions during pregnancy and after birth to promote and support breastfeeding. (Grade B)
Cervical Cancer Screening *	<p>USPSTF recommendations (August 2018 – currently under review)</p> <ul style="list-style-type: none"> <li>Persons with a cervix aged 21 to 29 should have cytology screening every three years. Persons with a cervix aged 30 to 65 may have cytology screening every three years or may have high-risk HPV testing every five years. (Grade A)</li> <li>Persons with a cervix under aged 21 should not be screened. (Grade D)</li> </ul>



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	<ul style="list-style-type: none"> <li>Persons with a cervix over age 65 should only be screened if they have never been previously screened, or if one of their last three screenings had any type of cervical atypia. (Grade D)</li> <li>Routine cervical cytology testing should be discontinued (regardless of age) in persons with a history of a total hysterectomy (removal of the cervix along with the uterus) for noncancerous reasons, as long as they have no history of high-grade CIN. (Grade D)</li> <li>Note: although the American Cancer Society changed its recommendations in 2020 to recommend later initiation of screening, less frequent screening, and use of HPC screening only under age 30, Partnership continues to recommend following the recommendations of USPSTF / ACOG.</li> </ul>
Chlamydia Screening * Gonorrhea Screening *	<p>USPSTF recommendations (September 2021):</p> <p>Annual screening recommended for sexually active women 24 years or younger and for women aged 25 years or older at increased risk for infection. Risks include previous or current STI, a sex partner with a STI, inconsistent condom use when indicated, a history of exchanging sex for money or drugs, and a history of incarceration. (Grade B)</p> <p>Transgender and gender-diverse persons – Gonorrhea and chlamydia screening recommendations should be adapted based on anatomy (i.e., screening recommendations for cisgender females should be extended to all transgender males and gender-diverse persons with a cervix.) Screening at the pharyngeal and rectal site for gonorrhea and chlamydia should be considered based on reported sexual behaviors and exposure. (UpToDate®, March 2024)</p>
Osteoporosis in Postmenopausal Persons Assigned as Female at Birth Screening *	<p>USPSTF recommendation (January 2025): Screen persons assigned as female at birth age 65 and older with bone measurement testing to prevent osteoporotic fractures. (Grade B)</p> <p>For post-menopausal persons assigned as female at birth younger than 65 years, apply a formal clinical risk assessment tool such as the FRAX tool, found at <a href="https://www.sheffield.ac.uk/FRAX/tool.aspx?country=9">https://www.sheffield.ac.uk/FRAX/tool.aspx?country=9</a> to determine the appropriate need for bone measurement testing. (Grade B)</p> <p>The USPSTF does not speak to the frequency of or interval between testing.</p> <p>ACOG (September 2021) recommends repeat testing no earlier than two years after initial screening in those with a borderline result of a change in risk factors. A one-year follow-up test is recommended for patients on chronic glucocorticoid treatment.</p> <p>WPATH's "Standards of Care for the Health of Transgender and Gender Diverse People, Version 8" provides osteoporosis screening recommendations based on surgical and hormonal histories of transgender and gender diverse individuals.</p>
Vitamin D, Calcium or Combined Supplementation for the Primary Prevention of Fractures in Postmenopausal Persons Assigned as Female at Birth	<p>The USPSTF (April 2018 – currently under review) recommends against daily supplementals with 400 IU or less of Vitamin D and 1000 mg or less of Calcium for the primary prevention of fractures in postmenopausal persons assigned as female at birth. (Grade D)</p> <p>The USPSTF (April 2018) finds inconclusive evidence that the benefits outweigh the risks for daily Calcium doses greater than 1000 mg of Vitamin D supplementation greater than 400 IU to prevent fractures. (Grade I)</p> <p>WPATH's "Standards of Care for the Health of Transgender and Gender Diverse People, Version 8" provides osteoporosis prevention recommendations based on surgical and hormonal histories of transgender and gender diverse individuals.</p>

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**Resources:** United States Preventive Services Task Force recommendations, American Academy of Family Physicians (AAFP), American College of Obstetricians & Gynecologists (ACOG), American College of Physicians (ACP), UpToDate®, the American Diabetes Association, “Standards of Care for the Health of Transgender and Gender Diverse People, Version 8,” Centers for Disease Control and Prevention (CDC).

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