



## Clinical Practice Guidelines Adult Preventive Health

OVERVIEW
<p>The recommendations detailed in the U.S. Preventive Service Task Force's <i>The Guide to Clinical Services 2010-2011 for Adults</i> are considered medically necessary for the prevention of certain diseases and medical conditions in adults. Amerigroup strongly recommends that all members receive the necessary preventive services leading to improved health care quality and outcomes.</p>
FREQUENCY OF PHYSICAL EXAMINATION
<p>All members should visit their physician on a regular basis. Recommendations for periodic health exam visits for asymptomatic adults are as follows:</p> <ul style="list-style-type: none"><li>• <b>Ages: 18 to 39 years:</b> Exam frequency: Every one to three years (annual Pap smears are indicated for females unless there are three consecutive normal smears, allowing pap smears every three years)</li><li>• <b>Ages 40 to 64 years:</b> Exam Frequency: Every one to two years based on risk factors</li><li>• <b>Ages 65 and Over:</b> Exam frequency: Every year</li></ul>
REFERENCE
<p><a href="#">U.S. Preventive Services Task Force (USPSTF)</a>. Recommendations for Adults. Retrieved from <a href="http://www.uspreventiveservicestaskforce.org/adultrec.htm">http://www.uspreventiveservicestaskforce.org/adultrec.htm</a>.</p>
<p>The Guide to Clinical Preventive Services 2010 – 2011. Recommendations of the U.S. Preventive Services Task Force. Retrieved from <a href="http://www.ahrq.gov/clinic/pocketgd1011/pocketgd1011.pdf">http://www.ahrq.gov/clinic/pocketgd1011/pocketgd1011.pdf</a>.</p>
NOTE
<p>Amerigroup recognizes that the 2009 update to the U.S. Preventive Services Guidelines for mammography in women age 40 – 49 has created some controversy. Our position is that the decision regarding mammography for women age 40 – 49 should be between the patient and her medical provider. Amerigroup reaffirms that mammography for women age 40 – 49 will be a covered service.</p>

All member care and related decisions are the sole responsibility of the provider. This information does not dictate nor control your clinical decisions regarding the appropriate care of members. Guidelines are subject to state regulations, benefits and formularies.



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### Excerpted from The Guide to Clinical Preventive Services 2010 — 2011 Recommendations of the U.S. Preventive Services Task Force

#### Preventive Services Recommended by the USPSTF

The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians discuss these preventive services with eligible patients and offer them as a priority. All these services have received an “A” or a “B” (recommended) grade from the Task Force. For definitions of **all** grades **used** by the USPSTF, see Appendix A (beginning on p. 228). The full listings of **all** USPSTF recommendations for adults and children are in Section 2 (beginning on p. 11) and Section 3 (beginning on p. 193).

Reference	Recommendation	Adults		Special Populations	
		Men	Women	Pregnant Women	Children
1	<b>Abdominal Aortic Aneurysm, Screening</b>	V			
	<b>Alcohol Misuse Screening and Behavioral Counseling Interventions</b>	V	V	V	
2	<b>Aspirin for the Prevention of Cardiovascular Disease</b>	V	V		
3	<b>Asymptomatic Bacteriuria in Adults, Screening</b>			V	
4	<b>Breast Cancer, Screening</b>		V		
5	<b>Breast and Ovarian Cancer</b>		V		

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Reference	Recommendation	Adults		Special Populations	
		Men	Women	Pregnant Women	Children
	<b>Susceptibility, Genetic Risk Assessment and BRCA Mutation Testing</b>				
6	<b>Breastfeeding, Primary Care Interventions to Promote</b>		V	V	
7	<b>Cervical Cancer, Screening</b>		V		
8	<b>Chlamydia Infection, Screening</b>		V	V	
9	<b>Colorectal Cancer, Screening</b>	V	V		
10	<b>Congenital Hypothyroidism, Screening</b>		V		V
11	<b>Depression (Adults), Screening</b>	V	V		
12	<b>Folic Acid Supplementation</b>		V		
13	<b>Gonorrhea, Screening</b>		V		
14	<b>Gonorrhea, Prophylactic Medication</b>				V
15	<b>Hearing Loss in Newborns, Screening</b>				V
16	<b>Hepatitis B Virus Infection, Screening</b>			V	
	<b>High Blood Pressure, Screening</b>	V	V		
17	<b>HIV, Screening</b>	V	V	V	V

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Reference	Recommendation	Adults		Special Populations	
		Men	Women	Pregnant Women	Children
18	Iron Deficiency Anemia, Prevention				V
19	Iron Deficiency Anemia, Screening			V	
20	Lipid Disorders in Adults, Screening	V	V		
21	Major Depressive Disorder in Children and Adolescents, Screening				V
22	Obesity in Adults, Screening	V	V		
23	Obesity in Children and Adolescents, Screening				V
24	Osteoporosis, Screening		V		
25	Phenylketonuria, Screening				V
26	Rh (D) Incompatibility, Screening			V	
27	Sexually Transmitted Infections, Counseling	V	V		V
28	Sickle Cell Disease, Screening				V
29	Syphilis Infection, Screening	V	V	V	
30	Tobacco Use and Tobacco-Caused Disease, Counseling & Intervention	V	V	V	

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Reference	Recommendation	Adults		Special Populations	
		Men	Women	Pregnant Women	Children
31	<b>Type II Diabetes Mellitus in Adults, Screening</b>	√	√		
32	<b>Visual Impairment in Children Younger</b>				√



## Preventive Services Recommended by the USPSTF References

1	One-time screening by ultrasonography in men aged 65 to 75 who have ever smoked
2	When the potential harm of an increase in gastrointestinal hemorrhage is outweighed by a potential benefit of a reduction in myocardial infarctions (men aged 45-79 years) or in ischemic strokes (women aged 55-79 years)
3	Pregnant women at 12-16 weeks gestation or at first prenatal visit, if later
4	Biennial screening mammography for women aged 50 to 74 years. See Summary of 2002 Recommendations for information about the Affordable Health Care Act.
5	Refer women whose family history is associated with an increased risk for deleterious mutations in <i>BRCA1</i> or <i>BRCA2</i> genes for genetic counseling and evaluation for <i>BRCA</i> testing.
6	Interventions during pregnancy and after birth to promote and support breastfeeding
7	Women aged 21-65 who have been sexually active and have a cervix
8	Sexually active women 24 and younger and other asymptomatic women at increased risk for infection; asymptomatic pregnant women 24 and younger and others at increased risk
9	Adults aged 50-75 using fecal occult blood testing, sigmoidoscopy or colonoscopy
10	Newborns
11	When staff-assisted depression care supports are in place to ensure accurate diagnosis, effective treatment and follow-up
12	All women planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8mg (400 to 800 µg) of folic acid
13	Sexually active women, including pregnant women 25 and younger, or at increased risk for infection
14	Prophylactic ocular topical medication for all newborns against gonococcal ophthalmia neonatorum



15	Newborns
16	Pregnant women at first prenatal visit
17	All adolescents and adults at increased risk for HIV infection and all pregnant women
18	Routine iron supplementation for asymptomatic children aged 6 to 12 months who are at increased risk for iron deficiency anemia
19	Routine screening in asymptomatic pregnant women
20	Men aged 20-35 and women over age 20 who are at increased risk for coronary heart disease; all men aged 35 and older
21	Adolescents (age 12-18) when systems are in place to ensure accurate diagnosis, psychotherapy and follow-up
22	Intensive counseling and behavioral interventions to promote sustained weight loss for obese adults

23	Screen children aged 6 years and older for obesity and offer them or refer them to comprehensive, intensive behavioral interventions to promote improvement in weight status
24	Women 65 and older and women 60 and older at increased risk for osteoporotic fractures
25	Newborns
26	Blood typing and antibody testing at first pregnancy-related visit. Repeated antibody testing for unsensitized Rh (D)-negative women at 24-28 weeks gestation unless biological father is known to be Rh (D) negative
27	All sexually active adolescents and adults at increased risk for STIs
28	Newborns
29	Persons at increased risk and all pregnant women
30	Ask all adults about tobacco use and provide tobacco cessation interventions for those who use tobacco; provide augmented, pregnancy-tailored counseling for those pregnant women who smoke
31	Asymptomatic adults with sustained blood pressure greater than 135/80 mg Hg
32	To detect amblyopia, strabismus and defects in visual acuity

