

## ADULT HEALTH MAINTENANCE CHECKLIST

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Allergies: \_\_\_\_\_  
 Age: \_\_\_\_\_ Sex: Male Female TB Risk: Y N (annually) \_\_\_\_\_  
 Advanced Directive: 18 & older  
 Y N Date Discussed: \_\_\_\_\_ Primary Language: \_\_\_\_\_ Interpreter: Y N Interpreter Name: \_\_\_\_\_

Examination & Tests	Age Range	Frequency	DATE DONE	DATE DONE	DATE DONE
INITIAL HEALTH ASSESSMENT	21 yrs. and older	Within 120 days of effective date with Plan or effective date with the PCP, <b>including Dental</b>			
IHEBA/"Staying Healthy"	21 yrs. and older	Not mandated but continues to help with obtaining information for certain screenings	Document on Staying Healthy Form.		
Well Check Visit	21 yrs. and older	Based on patient's risk factors and USPSTF guidelines (age appropriate frequency)			
Abdominal Aneurysm Screen	65 years-75 years old males	Screen one time for male smokers by Ultrasound per USPSTF guidelines			
Alcohol Misuse: Screen	21 years and older	Every Well Check Visit perform screening			
Breast Cancer Screening	50 years- 75 females	Every 1-2 years per USPSTF guidelines			
Cervical Cancer Screening	21 years-65 years old	Every three years with cytology only and 5 years with combo cytology and HPV, per USPSTF guidelines			
Colon Screening	45 years-75 years old	Every 10 years for colonoscopy, 5 years for sigmoid, or yearly fecal occult USPSTF Guidelines			
Depression Screening	21 years and older	On every Well Check Visit complete a PHQ9			
Diabetic Screening and Comp Care	40 years- 70 years old	Glucose test for overweight/obese clients per USPTF. If abnormal glucose, provide counseling or intervention			
Dyslipidemia Screening	40 years- 75 years old	Assess per USPSTF guidelines			
Folic Acid Supplementation	Capable of becoming pregnant (12-49 years old)	Per USPSTF guidelines/ each Well Visit to be completed			
HEP B Screening	All Adults	Screen per USPSTF guidelines/each well Visit			
HEP C Screening	21 years- 79 years old	Screen per USPTF guidelines /each Well Visit			
High Blood Pressure Screening	18 years and older	Yearly if BP is higher than 120/80 per USPSTF guidelines			
HIV Screening	21 years-65 years old	Risk assessment at each Well Check Visit			
Intimate Partner Violence	All Adults	Screen with each visit per USPSTF guidelines			
Lung Cancer Screening	55 years-80 years old	Annual CT for 30 plus years smokers and still smokes and/or have quit within the last 15 years			
Obesity Screening	All Adults	Screen at each Well Check Visit			
Osteoporosis	Women 65 and older or postmenopausal women younger than 65 with risk	Screen per USPSTF guidelines at each Well Visit			
Sexually Transmitted Infection (STI) Screening/Counseling	Sexually active up to 25 years old or older if high risk	Screen with each Well Check Visit			
Skin Cancer Screening	6 months- 24 years old (Young Adult/Parents of young children)	Counseling per USPSTF guidelines/ each Well Check Visit			
Tobacco Use Counseling and Interventions	All Adults	Assess with each Well Check Visit			
TB Risk Assessment	All Adults	Assess on each Well Check Visit			
Tetanus	All Adults	Every 10 years documented in CAIR/Immunization record or documented refused			
Influenza	All Adults	Annually or documented refused			
Pneumococcal	65 and older	Per CDC guidelines/Assess at each Well visit			
Zoster	50 years and older	Per CDC guidelines/Assess at each Well Visit			
Varicella and MMR	All Adults	Per CDC guidelines/Assess at each Well Visit			
Vaccine documentation and VIS	All Adults	Document vaccine admin information and VIS date in chart and CAIR			