

ADULT PREVENTIVE CARE GUIDELINES

2013-2014

For Members

These guidelines were developed to help you determine which preventive care services are recommended for you and your family. Your coverage for these services depends on your plan design. Please call Gundersen Health Plan Customer Service at (800) 897-1923 if you have coverage-related questions.

GUNDERSEN
HEALTH PLAN

Gundersen Health Plan is your partner for better health. We want to work with you to make sure that you and your family are the healthiest you can be. That can be accomplished best if we work together as a team.

Following are Preventive Care Guidelines we have developed to help you understand the steps you can take to improve your health. Keep in mind that these are designed to serve as a guide to your health and are recommended for the average-risk person. If you have any questions about the guidelines and if they are appropriate for you, consult your healthcare provider. Together you can develop your own personal guide to better health.

These Preventive Care Guidelines do not define Gundersen Health Plan coverage limitations. Benefits may vary depending on plan design.

Screenings

Periodic (Regular) Health Examination

Every 3-5 years we recommend periodic health examinations for adults 18-39 years and every 1-2 years for adults 40 or older.

Periodic health exams are important opportunities to have a routine health examination performed and to discuss individual preventive measures you can use to keep you on track to good health. Gundersen believes a special visit aimed only at looking at your overall health is important rather than trying to squeeze it into an illness visit or chronic disease checkup. This allows you and your care provider adequate time to discuss your care together, as a team.

Blood Pressure

All adults should have a blood pressure measurement taken at least once every two years, but Gundersen strives to take a measurement at each visit with a clinician.

High blood pressure is one of the leading causes of premature death and disability in the United States. Fortunately, high blood pressure is almost always controllable. By checking blood pressure

regularly and following your care provider's advice regarding diet, exercise, medication and risk factor reduction, you can help control your blood pressure for better health.

Cholesterol

All adults, starting at age 20 years, should have a fasting cholesterol test assessing all the components of cholesterol every five years. This test is called a lipid profile.

The link between high cholesterol and the increased risk of heart disease is well established. All the components of your cholesterol (total, HDL or good cholesterol, LDL or bad cholesterol, and triglycerides) are important numbers to your health care provider, because they determine your risk for heart disease. Gundersen recommends testing by a qualified laboratory or healthcare provider to ensure accurate and reliable results.

Fasting Blood Sugar

A fasting blood sugar should be measured every three years, starting at age 18, to screen for diabetes mellitus.

Diabetes mellitus is one of the most commonly undiagnosed diseases. Untreated, the complications can be serious, but diabetes can be controlled. Early diagnosis and treatment greatly reduces risks of complications and improves your health. If you have certain risk factors such as excess weight or are inactive, your chances of developing diabetes are higher.

Mammography

Women age 40 years and older are encouraged to have a mammogram every year. Clinical breast exams should be part of a periodic health exam beginning at age 20 years.

Breast care is one the most important aspects of women's healthcare. Detecting changes in the breast through a clinical breast exam, and regular mammograms are keys to early diagnosis and treatment of breast cancer. High success rates are linked to early detection and treatment of breast cancer.

Pap Smear

Women age 21 and older should have a Pap smear every 3 years until age 30, and then every 3 to 5 years (up to 5 years if a human papilloma virus (HPV) test is done at the same time as Pap smear.)

Multiple sexual partners, early onset of sexual activity, current use of oral contraceptives and smoking are increased risk factors for cervical cancer. However, even if you do not have these risk factors, you should be tested to help detect cervical cancer. Early diagnosis and treatment greatly increases the success rate for treatment of cervical cancer.

Chlamydia Screen

Women age 18-25 years should have a chlamydia screening test every year.

Chlamydia is the most common sexually transmitted bacterial infection. Symptoms are usually mild or absent, but if left untreated can lead to serious complications. New or multiple sexual partners, a prior sexually transmitted disease, and inconsistent use of barrier method contraceptives all increase a women's risk of contracting a chlamydia infection. Testing can be done as part of the routine gynecological exam.

Colorectal Cancer Screening

A complete colonoscopy should be done every 10 years for those age 50 years and older. Yearly stool samples are also an acceptable alternative. Flexible sigmoidoscopy or barium enema every 5 years are also acceptable tests.

Colorectal cancer is the second leading cause of cancer deaths among all adults. Colonoscopy offers the best opportunity to detect colon cancer at an early stage, when successful treatment is likely. Some cancers may be prevented by detection and removal of polyps. Exercising, limiting fats, and eating plenty of fiber also helps reduce your risk of development of colon cancer. If a polyp is detected, screening may be recommended more frequently.

Eye Examination

An eye examination is recommended at least once every 2-4 years from age 18 to 64 years, and every 1-2 years thereafter.

Many significant eye problems are undetected in adults. Certain health conditions like diabetes or high blood pressure also increase your risk of significant eye problems. That's why it is important to have a thorough eye examination regularly.

Bone Mineral Density

Women age 65 and older should have a bone mineral density measurement at least once. Based on risk factors, women may need to be screened early, and many men may also be screened.

Osteoporosis is a disease in which bones become fragile and more likely to break. It is more common in women than men. You can't tell if you have osteoporosis, but the information from a bone density test will enable your healthcare provider to identify your risk of fractures. Prevention of osteoporosis should begin at an early age with adequate weight-bearing exercise and calcium consumption.

Immunizations

Tetanus Diphtheria Pertussis

A series of combined tetanus diphtheria pertussis vaccinations should be given to all adults who have not received the primary series. All adults should receive a booster at least every 10 years. All adults should receive one single dose booster with a pertussis component (Tdap) and tetanus diphtheria (Td) thereafter.

Influenza

Influenza vaccine (flu shots) should be administered yearly to all persons age 18 and older, especially anyone with a weakened immune system. The influenza vaccine can be given to anyone who requests it, since it may benefit the healthy working adult.

Pneumonia

Pneumonia vaccination (called the pneumococcal vaccine or pneumovax) should be provided once to persons age 65 and older and those with medical conditions that increase the risk of pneumonia. Because smoking cigarettes significantly increases your risk of pneumonia, anyone over 18 who smokes should be vaccinated.

Zoster (Shingles)

Even if you've had the chickenpox, you should be vaccinated for the shingles. In older adults shingles can cause a very painful rash and can be quite serious. This vaccine is similar to the chickenpox vaccine given to young children. Adults over age 60 should receive this vaccine to prevent the re-occurrence of herpes zoster.

Human Papilloma Virus

This relatively new vaccine is recommended for young females (starting at age 9 and up until age 26) to decrease the risk of cervical and anal cancer and genital warts due to Human Papilloma Virus (HPV). This vaccine may also now be given to men (also up until age 26) and prevents genital warts and the spread of HPV. Ideally, this vaccine should be given before becoming sexually active. However, those who are sexually active should still be vaccinated. A complete series of this vaccine consists of 3 doses.

Meningitis

While meningitis is rare, outbreaks on college campuses can occasionally occur. Therefore we recommend new college students receive the meningitis vaccine (called the meningococcal vaccine.).

Adult Preventive Care Timeline

Age	18-19	20	21-25	26-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+	
Screenings															
Periodic health examination			Every 3-5 years							Every 1-2 years					
High blood pressure				Blood pressure measured every 2 years											
High cholesterol				Fasting total lipid profile every 5 years											
Diabetes			Fasting blood sugar every 3 years if body mass index is greater than or equal to 25												
Breast cancer							Mammogram and clinical breast exam yearly								
Pap smear/cervical cytology			Every 3 years				Pap smear every 3 years or pap smear and HPV test every 5 years								
Chlamydia		Yearly													
Colorectal cancer										Colonoscopy every 10 years or stool specimen yearly (Sigmoidoscopy every 5 years is acceptable)					
Impaired vision							Every 2-4 years						Every 1-2 years		
Osteoporosis														Bone mineral density at least once	
Immunizations															
Tetanus-diphtheria pertussis														Tdap once, then Td every 10 years	
Influenza														Yearly	
Pneumococcal							One or two doses in high risk groups								Once
Herpes zoster														Once	
Human papilloma virus														3 doses	
Meningococcal														Once in high risk groups	

Remember these are designed to serve as a guide. You and your health care provider should work together to determine what care is best for you and your overall health. For more information about the Gundersen Health Plan Preventive Care Guidelines, call the Health Plan Quality Management Department at (608) 775-8022.

Applies to females only

Making Healthier Lifestyle Choices

More than 75% of all disease and illness is related to unhealthy lifestyles. Fortunately for you, there are many things that you can do to keep yourself healthy.

Team up with your healthcare provider for medical and preventive care and make healthier lifestyle choices:

- If you smoke, consider quitting. If you don't smoke, keep up with this healthy behavior! Avoid indoor areas where smoking is allowed.
- Eating low-fat, high fiber food is the best way to lower your risk for cancer, heart disease, stroke, diabetes, and obesity.
 - Eat at least 5 servings of fruits and vegetables every day
 - Choose low-fat and nonfat dairy products, baked goods and meats.
 - Control cholesterol. Limit foods like eggs, liver, whole milk, and red meats.
 - Shake the salt habit. Use herbs, lemon juice, flavored vinegars and spices to flavor food.
- Get plenty of fluids. Drink water more often; alcohol and caffeine less often.
- Exercise is an important way to lower your risk for heart disease, cancer, diabetes, obesity, osteoporosis, stress, and high blood pressure. Just do something – 30 minutes a day is all it takes.
 - Take the stairs instead of the elevator.
 - Park your car farther away from the building and walk the rest of the way.
 - Consider aerobic exercise such as biking, swimming or jogging to improve heart function and increase your good cholesterol.

- Consider strength exercise (sit-ups, weights, resistance bands) to increase active muscle tissue and burn more calories.
- Flexibility exercise or stretching will keep you flexible and decrease your chance of injury.
- If you drink alcohol, drink in moderation and always use a designated driver if you've had too much to drink.
- Always wear your seatbelts and make sure any children in your vehicle are wearing a seatbelt or are in a safety seat.
- Always wear a bicycle or motorcycle helmet and make sure your child does too.
- Wear sunscreen and cover up with clothing and a hat when you are exposed to sun for an extended time.
- Ease your stress. Take time to manage your response to stress:
 - Think and don't react. Stop...breathe deeply or count to 10 (or 100 if that's what it takes.)
 - Tune into the positive. Look for the good in every situation. Talk to a friend to help put things in perspective.
 - Take care of yourself. Make time for yourself and enjoy life. Read a book, listen to music, take a walk, or have a good laugh!

If you would like more information on living a healthier life or to learn about programs to assist in smoking cessation, weight loss, stress management or physical activity, call Gundersen Community and Preventive Care Services. These programs and information can assist you in maintaining or developing healthy living habits. Call (608) 775-4717, email wellness@gundersenhealth.org or browse gundersenhealth.org/wellness