

# Reference Guide for Preventive Medicine

Birth to 18 Months	19 Months - 6 Years	7 Years - 12 Years	13 Years - 18 Years	19 Years - 49 years	50 Years - 64 Years
<b>Periodic Health Exams</b> 5 exams in 1 <sup>st</sup> 18 months	<b>Periodic Health Exams</b> Every 1-2 years	<b>Periodic Health Exams</b> Every 1-3 years	<b>Periodic Health Exams</b> Every 1-2 years	<b>Periodic Health Exams</b> Men: Every 1-5 years Women: Every 1-3 years	<b>Periodic Health Exams</b> Every 1-2 years
<p><b>History</b></p> <ul style="list-style-type: none"> <li>Perinatal Hearing, Newborn Screening (State lab)</li> <li>Update &amp; System Review</li> <li>Lead Exposure (yearly)</li> <li>Allergies</li> <li>Medications</li> <li>Development</li> <li>Current Problems</li> <li>Nutrition</li> </ul> <p><b>Physical Exam</b></p> <ul style="list-style-type: none"> <li>Height</li> <li>Weight</li> <li>Head Circumference</li> <li>Physical Examination</li> </ul> <p><b>Immunizations</b></p> <p>(Your Primary Care Physician has the most up-to-date immunization information.)</p> <p><b>Lab</b></p> <p>As indicated by Bright Futures (brightfutures.aap.org)</p> <p><b>Developmental Assessment</b></p> <p><b>Counseling Parent</b></p> <ul style="list-style-type: none"> <li>Diet</li> <li>Injury Prevention</li> <li>Behavior</li> <li>Dental Health</li> </ul>	<p><b>History</b></p> <ul style="list-style-type: none"> <li>Update &amp; System Review</li> <li>Lead Exposure (each visit to age 6)</li> <li>Allergy Update</li> <li>Medications</li> <li>Development</li> <li>Current Problems</li> <li>Nutrition</li> </ul> <p><b>Physical Exam</b></p> <ul style="list-style-type: none"> <li>Height</li> <li>Weight</li> <li>BMI</li> <li>Blood Pressure</li> <li>Physical Examination</li> </ul> <p><b>Immunizations</b></p> <p>(Your Primary Care Physician has the most up-to-date immunization information.)</p> <p><b>Lab</b></p> <p>As indicated by Bright Futures (brightfutures.aap.org)</p> <p><b>Developmental Assessment</b></p> <p><b>Counseling - Parent and Patient</b></p> <ul style="list-style-type: none"> <li>Substance Use</li> <li>Diet &amp; Exercise</li> <li>Injury Prevention</li> <li>Behavior</li> <li>Dental Health</li> <li>Sexual Behavior</li> <li>Mental Health</li> </ul>	<p><b>History</b></p> <ul style="list-style-type: none"> <li>Update &amp; System Review</li> <li>Allergy Update</li> <li>Medications</li> <li>Development</li> <li>Current Problems</li> <li>Nutrition</li> </ul> <p><b>Physical Exam</b></p> <ul style="list-style-type: none"> <li>Height</li> <li>Weight</li> <li>BMI</li> <li>Blood Pressure</li> <li>Physical Examination</li> </ul> <p><b>Immunizations</b></p> <p>(Your Primary Care Physician has the most up-to-date immunization information.)</p> <p><b>Lab</b></p> <p>As indicated by Bright Futures (brightfutures.aap.org)</p> <p><b>Developmental Assessment</b></p> <p><b>Counseling - Parent and/or Patient</b></p> <ul style="list-style-type: none"> <li>Substance Use</li> <li>Diet &amp; Exercise</li> <li>Injury Prevention</li> <li>Behavior</li> <li>Dental Health</li> <li>Sexual Behavior</li> <li>Mental Health</li> </ul>	<p><b>History</b></p> <ul style="list-style-type: none"> <li>Update &amp; System Review</li> <li>Allergy Update</li> <li>Tobacco/Alcohol History</li> <li>Medications</li> <li>Current Problems</li> </ul> <p><b>Physical Exam</b></p> <ul style="list-style-type: none"> <li>Blood Pressure &amp; Pulse</li> <li>Height</li> <li>Weight</li> <li>BMI</li> <li>Head &amp; Neck</li> <li>Heart</li> <li>Lungs</li> <li>Abdomen</li> <li>Pap Smear (cervix present) &amp; Clinical Breast Exam</li> <li>Chlamydia Screening</li> <li>For sexually active women age 25 &amp; under</li> </ul> <p><b>Immunizations</b></p> <p>(Your Primary Care Physician has the most up-to-date immunization information.)</p> <p><b>Lab</b></p> <p>As indicated by the U.S. Preventive Task Force (uspreventiveservicestaskforce.org)</p> <p><b>Developmental Assessment</b></p> <p><b>Counseling</b></p> <ul style="list-style-type: none"> <li>Substance Use</li> <li>Diet &amp; Exercise</li> <li>Injury Prevention</li> <li>Dental Health</li> <li>Sexual Behavior</li> <li>Mental Health</li> </ul>	<p><b>History</b></p> <ul style="list-style-type: none"> <li>Update &amp; System Review</li> <li>Allergy Update</li> <li>Tobacco/Alcohol History</li> <li>Medications</li> <li>Current Problems</li> </ul> <p><b>Physical Exam</b></p> <ul style="list-style-type: none"> <li>Blood Pressure &amp; Pulse</li> <li>Height</li> <li>Weight</li> <li>BMI</li> <li>Head &amp; Neck</li> <li>Heart</li> <li>Lungs</li> <li>Abdomen</li> <li>Pap Smear (cervix present) &amp; Clinical Breast Exam</li> </ul> <p><b>Immunizations</b></p> <p>(Your Primary Care Physician has the most up-to-date immunization information.)</p> <p><b>Lab</b></p> <p>As indicated by the U.S. Preventive Task Force (uspreventiveservicestaskforce.org)</p> <p><b>Developmental Assessment</b></p> <p><b>Counseling</b></p> <ul style="list-style-type: none"> <li>Substance Use</li> <li>Diet &amp; Exercise</li> <li>Injury Prevention</li> <li>Dental Health</li> <li>Sexual Behavior</li> <li>Mental Health</li> </ul>	

**NOTE:** Asymptomatic healthy people may require more testing if risk factors present.

The Reference Guide for Preventive Medicine is based on published literature by nationally recognized authorities in health care and the expressed opinions of participating network physicians.

Summary of Policy Recommendations for Health Examination, American Academy of Family Physicians, Leawood, Kan., August 2005

American Cancer Society Cancer Detection Guidelines. 2006

Guidelines for Perinatal Care, American Academy of Pediatrics and American Academy of Obstetricians and Gynecologists 5th Edition, 2002

American Academy of Pediatrics RedBook: 2003 Report of the Committee on Infectious Diseases. 26th ed. Elk Grove Village, IL

www.uspreventiveservicestaskforce.org

www.brightfutures.aap.org