

Adult Health Maintenance Checklist

Name:	DOB:	M/F	Ethnicity:
Allergies:	Advance Directive Discussion Date: Copy of Advance Directive in Chart: Y/N		
Screening Needed	Last Date	Next Due	Question for Provider
Preventive Care Visit (Age 20 and older, every year)			
Adult BMI Assessment (Age 18-74, every year)			
Blood Pressure (Age 18 and older, <140/90mmHg)			
Cholesterol (every 5 years)			
Colorectal Cancer Screening (Age 45-75) • Fecal occult blood, every year OR • Flexible sigmoidoscopy, every 5 yrs OR • Colonoscopy, every 10 yrs			
Mammography (Age 52-74, every 2 years)			
Pap Smear (Age 21-64) • Age 21-64 , pap smear, every 3 yrs • Option over 30: Age 30-64, pap smear + HPV test, every 5 yrs Results of screening			
Chlamydia Screening (Women Age 16-24, every year)			
Diabetes (Age 18-75) • A1C testing • A1C poor control >9% • A1C control <8% • HbA1c control (<7.0%) for a selected population*. • Eye exam • Medical attention for nephropathy • BP control (<140/90 mmHg)			
Care for Older Adults (Age 66 and older) • Advance care planning • Medication review • Functional status assessment • Pain Assessment			

Adult Immunizations

Vaccine Name	Last Date	Next Due	Question for Provider
Influenza (Age >18, annually, 1dose)			
Td/Tdap (Age >18, Td booster every 10 years)			
MMR (Age 19-59, 1-2 doses)			
Varicella (Age 19-65 and older, 2 doses)			
Herpes Zoster (Age 60 and older, 1 dose)			
HPV (Female, Age 19-26, Male, Age 19-21, 3 doses)			
PCV13 and PPSV23 (Pneumonia) (Age 65 and older, 1 dose)			

Additional Vaccines Recommended for Adults with some medical conditions or other indications:

HepA (Age over 18 years, 2-3 doses)			
HepB (Age over 18 years, 3 doses)			
MenACWY or MPSV4 (Age over 18 years, 1 or more doses)			
MenB (Age over 18 years, 2-3 doses)			
Hib (Age over 18 years, 1 or 3 doses)			

Sources:

1. <https://www.uspreventiveservicestaskforce.org>
2. <https://www.cdc.gov/healthcommunication/toolstemplates/entertained/tips/preventivehealth.html>
3. <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>