

Preventive Health Care Guide for Adults

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This Guide defines the recommended preventive health services for a normal adult population. The data is supported by the U.S. Preventive Services Task Force, the Institute for Clinical Systems Integration, the American Cancer Institute and the National Institute of Health.

Preventive Services	CPT Codes	Ages 19-39		Ages 40-64	
		Male	Female	Male	Female
History and Physical Evaluation		Every 5 years		Every 3 years	
<ul style="list-style-type: none"> Lifestyle, Medical & Family History and Physical Exam Preventive Health Education and Lifestyle Counseling (by physician) 	99395-99397 99385-99387 99401-99404 99411-99412				
Blood Pressure Check¹	Note below ¹	Every 2 years		Every 2 years	
Blood Cholesterol (Total and HDL)	83715-83721	Every 5 years		Every 5 years	
Clinic Breast Exam²	Note below ²		Every 3 years		Every 3 years
Mammogram	76090-76092				<ul style="list-style-type: none"> Baseline at 40 Every 2 years between 40-49 years Every year age 50+
Pap Test	88141-88155 88164-88167		Every 1-3 years		Every 1-3 years
Diabetes Mellitus (Fasting plasma glucose)	82947	Baseline test for individuals at high risk of developing the disease. For example, obese men and women over 40, individuals with a strong family history of diabetes, and members of certain ethnic groups (Native Americans, Hispanics, African Americans)			
Fecal Occult Blood Test	82270			Every year beginning at age 50	
Flexible Sigmoidoscopy³	45330-45339			Every 5 years beginning at age 50 ³	
Colonoscopy³	45355 45378-45385			Every 10 years beginning at age 50 ³	
Prostate Screening Digital Rectal Exam (DRE) and/or PSA⁴	84153-84154 99201-99215			Every 5 years	
Tetanus-Diphtheria (Td) Vaccine or dTaP (Diphtheria, Tetanus, Acellular Pertussis)⁵	90718	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Influenza Vaccine	90659-90660	Annually: High-risk individuals (i.e., persons with chronic cardiopulmonary disorders, diabetes, renal dysfunction and health care providers who deal with high-risk patients) and any enrollee who requests it			
Meningococcal (MCV4)	90733-90734	College attendance			
Pneumococcal Vaccine	90669 90732	High risk individuals only; i.e., cardiopulmonary disorders, diabetes and members of certain ethnic groups (Native American and Alaska Native)			
Rubella	90706		Once in a lifetime		

¹Blood pressure checks should be done during every physician visit.

²Clinical breast exams are part of annual GYN visits.

³Not necessary to have a sigmoidoscopy if a colonoscopy has been performed.

⁴The American Cancer Society recommends an annual DRE beginning at age 40 and PSA measurement at age 50 or older. The U.S. Preventive Services Task Force does not recommend routine screening for prostate cancer. There is insufficient evidence to recommend for or against the inclusion of screening for this condition in a health examination.

⁵Either dT or dTaP should be administered – not both