



MASSACHUSETTS

Preventive Screening Guidelines for Healthy Adults

Routine Checkups	19–21 years	22–26 years	27–49 years	50–59 years	60–64 years	65+ years
Includes personal history; blood pressure; body mass index (BMI); physical exam; preventive screening; and counseling	Annually for ages 19–21			Annually	Annually	Annually
	Every 1–3 years, depending on risk factors					
Cancer Screenings						
Colorectal Cancer	Not routine except for patients at high risk			Colonoscopy at age 50 and then every 10 years; or annual fecal occult blood test (FOBT) plus sigmoidoscopy every 5 years; or sigmoidoscopy every 5 years		
Skin Cancer	Periodic total skin exams every 3 years at discretion of clinician		Annual total skin exam at discretion of clinician			
Breast Cancer (Women)	Annual clinical breast exam					
			Mammography every two years age 50–74; Mammography before age 50 done under individual context after discussing risks, benefits and harms.		After age 75, discuss benefits and limitations	
Cervical Cancer (Women)	Cytology (pap smear) every 3 years age 21–65, or Cytology with HPV every 5 years for age 30–65					
Testicular and Prostate Cancer (Men)	Clinical testicular exam at each health maintenance visit Informed decision making regarding PSA Screening starting at age 45-50 depending on risk					
Other Recommended Screenings						
Body Mass Index (BMI)	Regular screening for all adults					
Blood Pressure (Hypertension)	At every medical encounter perform blood pressure screening for hypertension—once every two years for blood pressure less than 120/80 mm Hg, and every year for systolic blood pressure of 120 to 139 mm Hg or diastolic blood pressure of 80 to 89 mm Hg					
Cholesterol	Regular screening for men 20–35 and women 20–45 at increased risk for heart disease Regularly for men over 35 and women over 45 at risk					
Diabetes (Type 2)	Asymptomatic adults with sustained blood pressure (treated or untreated) greater than 135/80 mmHg					
Bone Mass Density (BMD) Test (Women)			Consider your risk factors, and discuss them with your clinician. BMD testing for younger women who have fracture risk greater than or equal to 65 year old normal risk white woman			Provide BMD testing
Abdominal Aortic Aneurysm						Screen once for men aged 65–75 who have ever smoked

Please check subscriber certificate/benefit description for a complete listing of covered tests and procedures. Your plan may not cover every screening test listed. These guidelines are generally for healthy children with no current symptoms or prior history of medical condition.

These guidelines were developed by Massachusetts Health Quality Partners (MHQP), a broad-based coalition of health care providers, plans and purchasers working together to promote improvement in the quality of health care services in Massachusetts. Blue Cross Blue Shield of Massachusetts is an MHQP member.

Infectious Disease Screening	19–21 years	22–26 years	27–49 years	50–59 years	60–64 years	65+ years
Sexually Transmitted Infections	Annual screenings for sexually active patients 24 and younger					
	Chlamydia and gonorrhea: Annually for patients age 25 and over if at risk HIV: Screen all pregnant women. One time screening between ages 15–65; annually if at very high risk; every 3–5 years if at increased risk Syphilis: Screen all pregnant women and those at increased risk					
Sensory Screenings						
Eye Exam	Up to age 39 years at discretion of clinician				Every 1–2 years	
Hearing Assessment	Unnecessary if asymptomatic					
Immunizations						
Tetanus, Diphtheria (Td)	1 dose: Tdap; TD booster every 10 years					
Influenza	1 dose annually during flu season					
Pneumococcal	PCV13 1 dose PPSV23 1-2 doses					Once after age 65, even if previously vaccinated
MMR	1–2 doses if unvaccinated and born after 1957					
Meningococcal (Meningitis)	1 or more doses if not previously immunized, depending on risk factors and other indicators					
Varicella (Chicken Pox)	2 doses 4–8 weeks apart without evidence of immunity					
Shingles Zoster					1 dose	
HPV (Human papillomavirus) for Women	3 doses if not previously immunized					
HPV (Human papillomavirus) for Men	3 doses if not previously immunized	For men who have sex with men and immunocompromised men through age 26 if not vaccinated previously				
Hepatitis A	2 doses if not previously immunized if requested or at risk					
Hepatitis B	3 doses if not previously immunized					
Haemophilus Influenza type B	1 or 3 doses if not previously immunized for patients with asplenia, sickle cell anemia or stem cell transplant and other risk factors					

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