

Premier Blue 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 and Over
<i>Periodic Health Exams 5 exams in 1st 18 months</i>	<i>Periodic Health Exams Every 1-2 years</i>	<i>Periodic Health Exams Every 1-3 years</i>	<i>Periodic Health Exams Every 1-2 years</i>	<i>Periodic Health Exams Men: Every 1-5 years Women: Every 1-3 years</i>	<i>Periodic Health Exams Every 1-2 years</i>
<p>History Perinatal Hearing, Neonatal Lab Update & System Review Lead exposure (yearly) Allergies Medications Development Current Problems Nutrition</p> <p>Physical Exam Height Weight Head Circumference Physical Examination</p> <p>Immunizations (Your Primary Care Physician has the most up-to-date immunization information.)</p> <p>Lab Routine-Documentation and Update High Risk Groups as indicated</p> <p>Diagnostic Assessment</p> <p>Counseling Parent Diet Injury Prevention Dental Health Behavior</p>	<p>History Perinatal Update & System Review Lead exposure each visit to age 6 Allergy update Medications Development Current Problems Nutrition</p> <p>Physical Exam Height Weight Blood Pressure Physical Examination (age 3 years and up) Physical Examination</p> <p>Immunizations (Your Primary Care Physician has the most up-to-date immunization information.)</p> <p>Lab Routine-Documentation and Update High Risk Groups as indicated</p> <p>Diagnostic Assessment</p> <p>Counseling - Parent & Patient Diet & Exercise Injury Prevention Dental Health Behavior</p>	<p>History Perinatal Update & System Review Allergy update Medications Development Current Problems Nutrition</p> <p>Physical Exam Height Weight Blood Pressure Physical Examination</p> <p>Immunizations Tetanus every 10 years</p> <p>Lab Routine-Documentation and Update High Risk Groups as indicated</p> <p>Diagnostic Assessment</p> <p>Counseling - Parent & Patient Diet & Exercise Injury Prevention Dental Health Behavior Substance Use Sexuality</p>	<p>History Perinatal Update & System Review Allergy update Tobacco/Alcohol history Medications Development Current Problems</p> <p>Physical Exam Height Weight Blood Pressure Physical Examination</p> <p>Immunizations Tetanus every 10 years</p> <p>Lab Routine-Documentation and Update High Risk Groups as indicated</p> <p>Diagnostic Assessment</p> <p>Counseling Parent &/or Patient Diet & Exercise Injury Prevention Dental Health Behavior Substance Use Sexual Behavior</p>	<p>History Interval and past medical history Allergy update Tobacco/Alcohol history Medications Current Problems</p> <p>Physical Exam Blood Pressure & Pulse Weight Head & Neck Heart Lungs Abdomen Pap Smear (cervix present) & Clinical Breast Exam every 1-2 years</p> <p>Immunizations Tetanus every 10 years</p> <p>Lab Cholesterol every 5 years (Women ages 40 and over) (Men ages 19 and over)</p> <p>Diagnostic Assessment</p> <p>Counseling Substance Use Diet & Exercise Injury Prevention Dental Health Sexual Behavior</p>	<p>History Update & System Review Allergy update Tobacco/Alcohol history Medications Current Problems</p> <p>Physical Exam Blood Pressure & Pulse Weight Head & Neck Heart Lungs Abdomen Digital Rectal Exam Pap Smear (cervix present) (up to age 65) & Clinical Breast Exam every 1-2 years</p> <p>Immunizations Tetanus every 10 years Pneumonia Shot (Age 65) Flu Shot (65 & Over)</p> <p>Lab Cholesterol every 5 years Mammogram every 1-2 years (Ages 50-69) Fecal Occult Blood Test</p> <p>Diagnostic Assessment</p> <p>Counseling Substance Use Diet & Exercise Injury Prevention Dental Health Sexual Behavior</p>

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

The following references were used in the development of the Premier Blue Reference Guide for Preventive Medicine.

U.S. Preventive Services Task Force. *Guide To Clinical Preventive Services*, 2nd ed. Baltimore: Williams & Wilkins, 1996.

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Common Screening Tests, David M. Eddy, Editor, American College of Physicians, Philadelphia, Pa., 1991.

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