

## Health Maintenance Flow Sheet - Ages 19 to 39 Years

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

<b>Date of Periodic Visit:</b>					
<b>Periodic Visit:</b>					
History					
Height & weight					
Body Mass Index (BMI)					
Blood pressure					
Clinical breast exam (women)					
<b>Lab / Tests / Other Exams:</b>					
Lipid screening as indicated					
Pap test (women)					
Chlamydia screening					
Rubella antibody screening x1 (women)					
Baseline mammogram (women aged 35 - 39)					
TB screening by PPD, as indicated					
Screen for Type 2 diabetes if at risk					
<b>Immunizations:</b>					
Td booster every 10 yrs					
Influenza vaccine annually if at risk					
Pneumococcal vaccine x 1 if at risk					
<b>Counseling / Screening:</b>					
Diet and exercise					
Self breast exams (women)					
Smoking cessation					
ETOH/substance abuse prevention					
STD/HIV/sexual behavior					
Family planning					
Depression					
Dental health					
Sun exposure					
Injury prevention					
Life stage issues					
Health Care proxy/Adv. Directives					
Discuss Calcium with all woman and Folic Acid with those at risk/considering pregnancy					

### High Risk Individuals

- \* Aspirin chemoprevention should be considered for adults at risk for coronary heart disease.
- \* Meningococcal, Varicella, Hep B, MMR and Hep A Immunizations for those at risk.

## Health Maintenance Flow Sheet - Ages 40 to 49 Years

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

<b>Date of Periodic Visit:</b>					
<b>Periodic Visit:</b>					
History					
Height & weight					
Body Mass Index (BMI)					
Blood pressure					
Clinical breast exam (women)					
Vision screening					
<b>Lab / Tests / Other Exams:</b>					
Lipid screening as indicated					
Pap test (women)					
Chlamydia screening, if indicated					
Rubella antibody screening x 1 (women)					
Mammogram every 1 - 2 years (women)					
Consider/discuss risks/benefits of PSA testing (men at risk)					
TB screening by PPD, as indicated					
Screen for Type 2 diabetes if at risk					
<b>Immunizations:</b>					
Td booster every 10 yrs					
Influenza vaccine annually if at risk					
Pneumococcal vaccine x 1 if at risk					
<b>Counseling / Screening:</b>					
Diet and exercise					
Self breast exams (women)					
Smoking cessation					
ETOH/substance abuse prevention					
STD/HIV/sexual behavior					
Family planning					
Depression					
Dental health					
Sun exposure					
Injury prevention					
Life stage issues					
Health Care proxy/Adv. Directives					
Discuss Calcium with all women and Folic Acid with those at risk/considering pregnancy					

### High Risk Individuals

- \* Aspirin chemoprevention should be considered for adults at risk for coronary heart disease.
- \* Meningococcal, Varicella, Hep B, MMR and Hep A Immunizations for those at risk.

## Health Maintenance Flow Sheet - Ages 50 to 64 Years

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

<b>Date of Periodic Visit:</b>					
<b>Periodic Visit:</b>					
History					
Height & weight					
Body Mass Index (BMI)					
Blood pressure					
Clinical breast exam (women)					
Vision screening					
<b>Lab / Tests / Other Exams:</b>					
Lipid screening as indicated					
Pap test (women)					
Chlamydia screening, if indicated					
Annual mammogram (women)					
TB screening by PPD, as indicated					
Screen for Type 2 diabetes if BP > 135/80					
Annual fecal occult blood test					
Colonoscopy once every 10 yrs or flex. sigmoidoscopy once every 5 yrs					
Osteoporosis screening for women at risk over age 60					
Consider/discuss risks/benefits of PSA testing esp. in high-risk men					
<b>Immunizations:</b>					
Td booster every 10 yrs					
Influenza vaccine annually					
Pneumococcal vaccine x 1 if at risk, booster as recommended					
<b>Counseling / Screening:</b>					
Diet and exercise					
Self breast exams (women)					
Smoking cessation					
Management of menopause					
Calcium and Vitamin D (women)					
ETOH/substance abuse prevention					
STD/HIV/sexual behavior					
Family planning					
Depression					
Dental health					
Sun exposure					
Injury prevention					
Life stage issues (bereavement)					
Health Care proxy/Adv. Directives					

### High Risk Individuals

\* Aspirin chemoprevention should be considered for adults at risk for coronary heart disease.

\* Meningococcal, Varicella, Hep B, MMR and Hep A Immunizations for those at risk.

## Health Maintenance Flow Sheet - Ages 65 and Over Years

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

<b>Date of Periodic Visit:</b>					
<b>Periodic Visit:</b>					
History					
Height & weight					
Body Mass Index (BMI)					
Blood pressure					
Clinical breast exam (women)					
Hearing and vision screening					
<b>Lab / Tests / Other Exams:</b>					
Lipid screening as indicated					
Annual fecal occult blood test					
Colonoscopy once every 10 yrs or flex sigmoidoscopy once every 5 yrs					
Pap test (optional after age 65 for women with a documented negative screening 3 x in 10 yrs)					
Annual mammogram until age 70, as indicated after age 70					
Annual osteoporosis screening for women after age 65					
Consider/discuss risks/benefits of PSA testing in men 65-75					
TB screening by PPD as indicated					
Screen for Type 2 diabetes if BP > 135/80					
<b>Immunizations:</b>					
Td booster every 10 yrs					
Influenza vaccine annually					
Pneumococcal vaccine x 1 lifetime from age 65, booster as recommended					
<b>Counseling / Screening:</b>					
Diet and exercise					
Self breast exams (women)					
Management of menopause					
Calcium and Vitamin D (women)					
Smoking cessation					
ETOH/substance abuse prevention					
Sexuality concerns					
Depression					
Dental health					
Sun exposure					
Injury prevention					
Life stage issues (bereavement)					
Health Care proxy/Adv. Directives					

### High Risk Individuals

\* Aspirin chemoprevention should be considered for adults at risk for coronary heart disease.

\* Meningococcal, Varicella, Hep B, MMR and Hep A Immunizations for those at risk.