

# Life Course Chart: Adults

AGE	18	19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-80	
<b>Abdominal Aortic Aneurysm</b>														Men who have ever smoked: screen once	
<b>Alcohol Misuse</b>	All adults: screen annually														
	Adults who screen positive for alcohol use: 8 counseling sessions per calendar year														
<b>Aspirin Therapy for the Prevention of Cardiovascular Disease</b>	All adults: 1 counseling session every 5 years or whenever a cardiovascular risk factor is detected														
<b>Breast Cancer</b>															
• <b>Screening</b>	All women: screen with mammography at least once every two years														
• <b>Counseling on BRCA Mutation Testing</b>	High-risk women: provided as medically indicated at least once before & after genetic testing														
• <b>Testing for BRCA Mutations</b>	High-risk women: once per lifetime														
• <b>Counseling on Preventive Medication and Preventive Treatment</b>	High-risk women: as medically indicated														
• <b>Preventive Medication</b>	High-risk women: as prescribed by a clinician and based upon family risk.														
• <b>Preventive Treatment</b>	High-risk women: as recommended by a clinician and based upon family risk. Subject to pre-authorization requirements.														
<b>Cervical Cancer</b>	All women aged 21 to 65 or within 3 years of the onset of sexual activity: screen at least once every 3 years, no more than once per calendar year														
<b>Colorectal Cancer</b>														All adults: screening frequency depending on method	
<b>Contraceptive Use</b>	All adults: counsel at least once per year & whenever emergency contraception is prescribed														
	All women: medications and devices as medically necessary for the prevention of pregnancy														
	All adults: voluntary sterilization covered once per lifetime														
<b>Depression</b>	All adults: screen whenever medically indicated														
<b>Diabetes (type 2)</b>														All adults: screen once every 3 years	
	High-risk adults: screen once every 2 years														
<b>Healthy Diet</b>	Adults with hyperlipidemia & other risk factors for cardiovascular & diet-related chronic disease: 3 intensive counseling sessions per calendar year														
<b>Hypertension</b>	All adults: routine screening														
	Adults with diagnosed hypertension: 6 counseling, treatment, and monitoring sessions per calendar year														
	Adults with diagnosed hypertension: drug therapy as medically indicated														
<b>Immunizations<sup>1</sup></b>															
• <b>Hepatitis A</b>	*	At-risk adults: 2 doses (2nd dose given 6-12 months, or 6-18 months after initial dose)													
• <b>Hepatitis B</b>	*	At-risk adults: 3 doses (2nd dose 1-2 months after initial dose, 3rd dose 4-6 months after initial dose)													
• <b>Herpes Zoster</b>	*												All adults: 1 dose		
• <b>HPV</b>	*	All women though age 26: 3 doses													
• <b>Influenza</b>	*	At-risk adults: 1 dose annually							All adults: 1 dose annually						
• <b>Measles, mumps, and rubella</b>	*	All adults: 1 or 2 doses if no evidence of immunity							At-risk adults: 1 dose						
• <b>Meningococcal</b>	*	At-risk adults: 1 or more doses													
• <b>Pneumococcal</b>	*	At-risk adults: 1 or 2 doses											All adults: 1 dose		
• <b>Tetanus, Diphtheria, Pertussis</b>	*	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years											Td booster every 10 years		
• <b>Varicella</b>		All adults: 2 doses (2nd dose given 4-8 weeks after initial dose) if no evidence of immunity													
<b>Lipid Disorders</b>			All adults: screen once every 5 years												
			Adults with a lipid disorder: 6 counseling, treatment, and monitoring sessions per calendar year												
			Adults with a lipid disorder: drug therapy as medically indicated												
<b>Medical Foods for Persons with Genetic or Endocrine Disorders</b>	Adults with genetic or endocrine disorders: medical foods provided as medically indicated														
<b>Motor Vehicle-Related Injury Prevention</b>	All adults: counsel as medically indicated and reinforce prevention messages annually														
<b>Obesity</b>	All adults: screen once per calendar year														
	All obese (BMI>30) adults: 6 counseling sessions per calendar year														
	All obese adults with BMI>30 or BMI of 27-29 with additional risk factors: drug therapy. Surgery subject to pre-authorization for adults with BMI>40 or BMI>35 with obesity-related illness.														
<b>Osteoporosis</b>														High-risk adults: screen every 2+ years	
														All women: screen every 2+ years	
														All men: screen as medically indicated	
<b>Sexually Transmitted Infections (STIs)</b>															
• <b>Counseling to prevent STIs</b>	All adults: education on the risk factors for HIV and other STIs & counseling on effective measures to reduce risk of infection														
• <b>Chlamydia</b>	All women from onset of sexual activity through age 25: screen annually														
	At-risk women: screen as medically indicated														
• <b>Gonorrhea</b>	All women from onset of sexual activity through age 25: screen annually														
	At-risk women: screen as medically indicated														
• <b>Human Immunodeficiency Virus (HIV)</b>	All adults: screen as medically indicated, at least once per lifetime. Persons at high risk should be screened at least annually.														
• <b>Syphilis</b>	High-risk adults: screen as medically indicated														
<b>Tobacco Use Treatment</b>	All adults: screen at every medical encounter														
	All adults who use tobacco: 8 counseling sessions per calendar year														
	All adults who use tobacco: nicotine replacement products/medications and/or tobacco cessation medication, as medically indicated														
<b>Tuberculosis</b>	High-risk adults: targeted testing														

**Screening:**



**Testing:**



**Counseling:**



**Immunization:**



**Preventive Treatment:**



**Preventive Medication/ Intervention**



Notes:  
 \* Please refer to the life course chart for children and adolescents for immunization recommendations for this age group.  
 1. The immunization schedule listed on this chart is a graphic representation of recommendations in force at the time the chart was made. Visit the ACIP website (<http://www.cdc.gov/vaccines/recs/acip/default.htm>) for up-to-date recommendations.