



Recommended Preventive Screenings & Immunizations for Adults Ages 18-65+

Show this chart to your primary care provider (PCP). Ask him or her any questions you have about these guidelines. Our guidelines are for people who do not have signs or symptoms of disease or illness. People who do show symptoms of disease or illness fall outside these guidelines. Such people should be treated by their providers as needed. All or some of these services may be covered by True Health New Mexico, depending on your policy. These guidelines are not a guarantee of True Health New Mexico coverage.

Recommended age for all adults
 Not recommended
 Special circumstances; ask your provider¹

Routine Health Exam	18-29 Years	30-39 Years	40-49 Years	50-65+ Years
Includes personal history, blood pressure, body mass index (BMI), physical exam, and counseling.	Every 1-3 years, depending on risk factors.			
Recommended Screenings				
Blood Pressure (Hypertension)	Check at least once every 2 years.			
Body Mass Index (BMI)	Recommended screening for all adults.			
Depression	Recommended screening of adults when systems are in place to ensure accurate diagnosis, treatment, and follow-up.			
Tobacco and Alcohol	Recommended screening for all adults about tobacco use and alcohol misuse.			
Cholesterol	Screen all men age 35 years and older. Screen all women age 45 and older. Screen women >20 years of age if at increased risk for CHD. Screen men 20-35 years of age only if at increased risk of Coronary Heart Disease (CHD).			
Diabetes (Type 2)	Screen adults aged 40 to 70 years who are overweight or obese. Screen asymptomatic pregnant women after 24 weeks of gestation.			
Bone Mineral Density (BMD) Test (Women)	Screen women <65 years of age only with additional risk factors for fracture.			Screen all women ≥65 years.
Cancer Screenings				
Colorectal Cancer				Screen with colonoscopy and other approved methods from age 50-75.
Skin Cancer Counseling	Counsel young adults aged 18-24 years about minimizing exposure to ultraviolet radiation to reduce risk for skin cancer.			
Breast Cancer (Women)				Biennial mammography.
Cervical Cancer Screening (Women)	Not recommended <21 years.	Pap test every 3 years for ages 30-65 years or a combination of pap test and human papillomavirus (HPV) testing every 5 years.		
	Pap test every 3 years for age 21 to 30 years.			

Sources: Adapted from Centers for Disease Control and Prevention (CDC).

1. If you have any medical conditions that put you risk for infections or is traveling outside the United States, talk to your doctor about additional vaccines that you may need.

Infectious Disease Screening	
Sexually Transmitted Infections	Screen all pregnant women for syphilis, HIV and hepatitis. Additionally, screen all pregnant women at increased risk for chlamydia and gonorrhea infection. Screen all sexually active women age 24 years and younger for chlamydia and gonorrhea. Screen sexually active, nonpregnant women at increased risk for chlamydia, gonorrhea, HIV, and syphilis infection. Screen sexually active men at increased risk for HIV and syphilis infection.
Sensory Screenings	
Hearing and Vision Assessment	At discretion of provider.
Immunizations	
Influenza (Flu)	Flu vaccine every year.
Meningococcal (Meningitis)	1 or more doses if not previously immunized, depending on risk factors and other indicators.
Pneumococcal	Adults who are 65 years of age or older and who have not previously received PCV13, should receive a dose of PCV13 first, followed 12 months later by a dose of PPSV23. Adults <65 years of age should be vaccinated only if additional risk factors are present.
Tetanus, Diphtheria, Pertussis (Td/Tdap)	1 dose of Tdap. Td booster every 10 years.
Shingles (Zoster)	2 doses beginning at age 50.

Vaccine-Preventable Diseases and the Vaccines that Prevent Them				
Disease	Vaccine	Disease Spread by	Disease Symptoms	Disease Complications
Diphtheria	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of heart muscle, heart failure, coma, paralysis, death
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Meningococcal	Vaccines help protect against all three serogroups (B, C, and Y) of meningococcal.	Direct contact, saliva	Fever, headache, stiff neck, nausea, vomiting, confusion	Long-term disabilities, such as loss of limb(s), deafness, nervous system problems, or brain damage
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Pneumococcal	PCV vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms; pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection around the brain and spinal cord), death
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death
Herpes Zoster	Zoster vaccine protects against shingles.	Direct contact	Pain, itching, or tingling in the area where the rash will develop.	Painful rash that usually develops on one side of the body, often the face or torso

1. If you have any medical conditions that put you risk for infections or is traveling outside the United States, talk to your doctor about additional vaccines that you may need.