

Adult Preventive Health Care Schedule: Recommendations from the USPSTF (as of June 1, 2018)

To be used in conjunction with USPSTF recommendation statements for additional details (see accompanying tables and references)

Only grade A/B recommendations are shown

Age	18	21	24	25	35	40	45	50	55	59	65	70	74	75	80	
USPSTF screening recommendations																
Alcohol misuse ¹	(B)															
Depression ²	(B)															
Hypertension ³	(A)															
Obesity ⁴	(B)															
Tobacco use and cessation ⁵	(A)															
HIV infection ⁶	(A)											(A) if at increased risk				
Hepatitis B virus infection ⁷	(B) if at increased risk															
Syphilis ⁸	(A) if at increased risk															
Tuberculosis ⁹	(B) if at increased risk															
BRCA gene screening ¹⁰	(B) if appropriate family history															
Chlamydia and gonorrhea ¹¹	(B) if sexually active					(B) if at increased risk										
Intimate partner violence ¹²	(B) childbearing-aged women															
Cervical cancer ¹³				(A) Pap smear every 3 years, or every 5 years with human papillomavirus cotesting starting at age 30												
Abnormal glucose/diabetes ¹⁴						(B) if overweight or obese										
Hepatitis C virus infection ¹⁵	(B) if at high risk								(B) birth years 1945-1965				(B) if at high risk			
Colorectal cancer ¹⁶	(A)															
Breast cancer ¹⁷	(B) biennial screening															
Lung cancer ¹⁸										(B) if 30 pack-years and current or former smoker (quit in past 15 years)						
Osteoporosis ¹⁹								(B) if ≥ 9.3% 10-year fracture risk				(B)				
Abdominal aortic aneurysm ²⁰												(B) if an "ever smoker"				

USPSTF preventive therapies recommendations

Primary prevention of breast cancer ²¹	(B) if at increased risk and only after shared decision making															
Folic acid supplementation ²²	(A) if capable of conceiving															
Statins for primary prevention of CVD ²³						(B) see criteria on p. 6										
Aspirin for primary prevention of CVD and colorectal cancer ²⁴										(B) if ≥ 10% 10-year CVD risk						
Fall prevention in community-dwelling older adults ²⁵												(B) exercise interventions if at increased fall risk				

USPSTF counseling recommendations

Sexually transmitted infection prevention ²⁶	(B) if at increased risk															
Diet/activity for CVD prevention ²⁷	(B) if overweight or obese and with additional CVD risk															
Skin cancer prevention ²⁸	(B) if fair skinned															

Legend

	Normal risk	With specific risk factor	Recommendation grades
Recommendation for men and women			A Recommended (likely significant benefit)
Recommendation for men only			B Recommended (likely moderate benefit)
Recommendation for women only			C Do not use routinely (benefit is likely small)
			D Recommended against (likely harm or no benefit)
			I Insufficient evidence to recommend for or against

CHD = coronary heart disease; CVD = cardiovascular disease; HIV = human immunodeficiency virus; USPSTF = U.S. Preventive Services Task Force.

Visual adaptation from recommendation statements by Swenson PF, Lindberg C, Carrilo C, and Clutter J.