Health Maintenance and Screening Tests and Procedures:

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| --- | --- | --- | --- | --- | --- |
|  | **Age 21-40** | **Age 40-50** | **Age 50-65** | **Over 65** | **Female/Male** |
| Diabetes Screen  (HgbA1C) | \* | \* | \* | \* | Y/Y |
| Diabetes Bundle1  (HgbA1C, CMP, Lipids, Urine, Retina Scan) | \*\* | \*\* | \*\* | \*\* | Y/Y |
| Lipid Panel | \* | \* | \* | \* | Y/Y |
| Routine Labs2  (CBC,CMP,TSH) | \*\* | \*\* | \*\* | \*\* | Y/Y |
| Urine test | \* | \* | \* | \* | Y/Y |
| Pap Smear | \* | \* | \* | \*\* | Y/N |
| Mammogram |  | \* | \* | \* | Y/N |
| Prostate panel3 |  | \*\* | \*\* | \*\* | N/Y |
| Colonoscopy |  |  | \* | \* | Y/Y |
| DEXA |  |  |  | \* | Y/Y |
| Stress test4 |  |  | \*\* | \*\* | Y/Y |
| Carotid U/S5 |  |  | \*\* | \*\* | Y/Y |
| AAA screen6 |  |  |  | \*\* | Y/Y |
| Dementia |  |  |  | \* | Y/Y |

\*always applicable

\*\* applicable only in certain scenarios – see below

1 Diabetes bundle – only if patient has a diagnosis of diabetes. Frequency of tests varies.

2Routine labs – if a qualifying diagnosis exists such as fatigue, multiple medical conditions.

3Prostate screen – if high risk for prostate cancer such as family history.

4Stress test – If high risk for cardiovascular disease (HTN, DM, Hyperlipidemia)

5Carotid US – if high risk for atherosclerosis (Hyperlipidemia, DM, HTN)

6AAA – if high risk such as history of smoking

*Note: all tests are subject to change depending upon individual patient’s needs.*