

More wellness. More well informed.

At Southcoast Health, we're focused on keeping you well. We want to help you and your family stay healthy and avoid major illness or injury. Please use this list of recommended health screenings, immunizations and interventions as a guideline and discuss these preventive screenings and vaccines with your primary care provider.

Health Screenings and Interventions

	Birth to 2 Years	Ages 3–10	Ages 11–21	Ages 22 and older
Alcohol misuse			Those at risk	All adults
Autism	18, 24 months			
Blood Pressure		At each visit	Once a year	Every 2 years or as doctor advises
Cholesterol/ Lipid Disorders	Screening of children and adolescents at risk due to known family history; or with personal risk factors		Ages 20 and older if risk factors	All men ages 35 and older, or ages 20-35 if risk factors All women ages 45 and older, or ages 20-45 if risk factors
Colon Cancer Screening				Ages 50 and older > Fecal occult blood test annually > Flexible sigmoidoscopy every 5 years > Double-contrast barium enema (DCBE) every 5 years > Colonoscopy every 10 years > Virtual colonoscopy every 5 years
Congenital Hypothyroidism Screening	Newborns			
Depression Screening			Ages 12-18	All adults
Developmental Screening	7, 18 months	30 months		
Developmental Surveillance	Newborn 1, 2, 4, 6, 12, 15, 24 months	At each visit	At each visit	
Diabetes Screening				Ages 45 and older, or at any age if asymptomatic with sustained BP greater than 135/80, every 3 years
Oral Health Evaluation	12, 18, 24 months	30 months, 3, 6 years		
Hearing Screening (not complete hearing examination)	All newborns by 1 month	4, 5, 6, 8 & 10 or as doctor advises		

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Health Screenings and Interventions, *continued from cover*

	Birth to 2 Years	Ages 3–10	Ages 11–21	Ages 22 and older
Healthy Diet/ Nutrition Counseling				Adults with hyperlipidemia, those at risk for cardiovascular disease or diet-related chronic disease
Hemoglobin or Hematocrit	12 months		Once a year for females after menarche	
HIV Screening			Adolescents at risk	Adults at risk
Iron Supplementation	6-12 months for children at risk			
Lead Screening	12, 24 months			
Metabolic/ Hemoglobinopathies (according to state law)	Newborns			
Obesity Screening		Ages 6 and older	Ages 6 and older	All adults
PKU Screening	Newborns			
Prophylactic Ocular (Eye) Medication to Prevent Blindness	Newborns			
Prostate Cancer Screening (PSA)				Once a year for men ages 50 and older or any age with risk factors
Sexually Transmitted Infections (STI) Screening			All sexually active adolescents	All adults at risk
Sickle Cell Disease Screening	Newborns			
Syphilis Screening			Individuals at risk	Adults at risk
Tobacco use/ cessation interventions				All adults
Tuberculin test	Children at risk	Children at risk	Adolescents at risk	
Ultrasound Aortic Abdominal Aneurysm Screening				Men ages 65-75 who have ever smoked
Vision Screening (not complete eye examination)		3, 4, 5, 6, 8 & 10 or as doctor advises	12, 15 & 18 or as doctor advises	

Wellness Exams and Immunizations

	Birth to 2 Years	Ages 3–10	Ages 11–21	Ages 22 and older
Well-baby/Well-child/ Well-person exams	Birth, 1, 2, 4, 6, 9, 12, 15,18, 24 & 30 months	Once a year	Once a year	Once a year
Diphtheria, Tetanus Toxoids and Acellular Pertussis (DTaP)	2, 4 & 6 months, 15-18 months	Ages 4-6	Tetanus, diphtheria, acellular pertussis (Tdap) given once, ages 11-64	Tetanus and diphtheria toxoids booster (Td) every 10 years
Haemophilus Influenzae type b conjugate (Hib)	2, 4 & 6 months, 12-15 months			
Hepatitis A (HepA)	12-23 months			Persons at risk
Hepatitis B (HepB)	At birth, 1-4 months, 6-18 months	Ages 3-10 if not previously immunized	Ages 11-18 if not previously immunized	Persons at risk
Human Papillomavirus (HPV)		Ages 9-10, as doctor advises	Ages 11-12, catch-up, ages 13-26	Catch-up, through age 26
Influenza Vaccine	Annually 6 months and older	Annually	Annually	Annually
Measles, Mumps and Rubella (MMR)	Ages 12-15 months	Ages 4-6 or 11 & 12	If not already immune	Rubella for women of childbearing age if not immune
Meningococcal (MCV)			All persons ages 11-18	
Pneumonia	2, 4 & 6 months, 12-15 months			Ages 65 & older, once (or younger than 65 for those with risk factors)
Poliovirus (IPV)	2 & 4 months, 6-18 months	Ages 4-6		
Rotavirus	Ages 6-24 weeks			
Varicella (Chickenpox)	Ages 12-18 months	Ages 4-6	Second dose catch-up or first dose if needed	Second dose catch-up or first dose if needed
Zoster				Ages 60+

Women's Health

Screenings and Interventions	Who is most affected
Discussion/Referral for Counseling Related to BRCA1/BRCA2 test	Women at risk
Discussion About Potential Benefits/Risk of Breast Cancer Preventive Medications	Women at risk
Breast Cancer Screening (Mammogram)	Women ages 40 and older, annually
Cervical Cancer Screening (Pap test)	Within 3 years of sexual activity; or ages 21-64, at least every 3 years
Chlamydia Screening	Sexually active women ages 24 and under and older women at risk
Folic Acid Supplementation	Women planning or capable of pregnancy
Gonorrhea Screening	Sexually active women at risk
Hepatitis B Screening, Rh Incompatibility Test, Syphilis Screening	Pregnant women
Osteoporosis Screening	Age 65 or older (or 60 for women at risk)
Tobacco Use/Cessation Interventions	Pregnant women

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These preventive health services are based on recommendations from the U.S. Preventive Services Task Force (A and B recommendations), the Advisory Committee on Immunization Practices (ACIP) for immunizations, and the American Academy of Pediatrics' Periodicity Schedule of the Bright Futures Recommendations for Pediatric Preventive Health Care. For additional information on immunizations, visit the immunization schedule section of www.cdc.gov. This document is a general guide. Always discuss your particular preventive care needs with your doctor. 11/15