



ADULT HEALTH MAINTENANCE SHEET

Patient Name _____

| DIAGNOSTICS | Recommended Age | Frequency | Date | Date | Date |
|---------------------|-----------------|----------------|------|------|------|
| Colonoscopy | 50 - 75 years | Every 10 years | | | |
| DEXA (Females) | 65 - 120 years | Once | | | |
| Mammogram (Females) | 40 - 120 years | Annually | | | |

| LABORATORY DATA | Recommended Age | Frequency | Date | Date | Date |
|---------------------|--------------------------------------------|---------------|------|------|------|
| GC/Chlamydia | 12 - 25 years | Annually | | | |
| Glucose | 45 - 80 years | Every 5 years | | | |
| Lipid Panel | Female 44 - 75 years Male 34 - 75 years | Every 5 years | | | |
| Pap Smear (Females) | 15 - 65 years | Annually | | | |
| PSA (Males) | 50 - 80 years | Annually | | | |

| IMMUNIZATIONS | Recommended Age | Frequency | Date | Date | Date |
|----------------------------------------------------|--------------------|-----------------------------------------------------------|------|------|------|
| Herpes Zoster (Zostavax) | 60+ years | Once | | | |
| HPV (Gardasil) (Females) | 9 - 26 years | 0 Month 2 Months Later 4 Months Later | | | |
| Influenza | 0 - 120 years | Annually | | | |
| Pneumococcal (Pneumonia) | 65 - 120 years | Once | | | |
| Td (Tetanus and Diphtheria) | 11 - 120 years | Every 10 years | | | |
| Tdap (Tetanus, Diphtheria and Acellular Pertussis) | 11 - 65 years | Once | | | |
| Varicella (Chicken Pox) | 12 mos - 65+ years | Two doses if born after 1980 Pt immune if had disease. | | | |

THIS SECTION FOR PROVIDER USE ONLY

| HEALTH RISK SCREENING | Recommended Age | Frequency | Date | Date | Date |
|-----------------------------|----------------------------------------------|---------------|------|------|------|
| Discuss Aspirin Use | Female 50 - 120 years Male 40 - 120 years | Annually | | | |
| ETOH Use Counseling | 19 - 120 years | Annually | | | |
| Tobacco Use Counseling | 19 - 120 years | Annually | | | |
| Vision Screening Counseling | 40 - 120 years | Every 5 years | | | |