

Life Course Chart: Adults

AGE	18	19-20	21	25	30	35	40	45	50	55	60	65	70	75	
Abdominal Aortic Aneurysm														Men who have ever smoked: screen once	
Alcohol Misuse	All adults: screen annually														
	Adults who screen positive for alcohol use: 8 counseling sessions per calendar year														
Aspirin Therapy for the Prevention of Cardiovascular Disease	All adults: 1 counseling session every 5 years or whenever a cardiovascular risk factor is detected														
Breast Cancer															
• Screening	All women: screen with mammography at least once every two years														
• Counseling on BRCA Mutation Testing	High-risk women: provided as medically indicated at least once before & after genetic testing														
• Testing for BRCA Mutations	High-risk women: once per lifetime														
• Counseling on Preventive Medication and Preventive Treatment	High-risk women: as medically indicated														
• Preventive Medication	High-risk women: as prescribed by a clinician														
• Preventive Treatment	High-risk women: as recommended by a clinician														
Cervical Cancer	All women aged 21 to 65 or within 3 years of the onset of sexual activity: screen at least once every 3 years, no more than once per calendar year											High-risk women: screen as medically indicated			
Colorectal Cancer														All adults: screen every 5 to 10 years depending on method	
Contraceptive Use	All adults: counsel at least once per year & whenever emergency contraception is prescribed														
	All women: medications and devices as medically necessary for the prevention of pregnancy														
	All adults: voluntary sterilization covered once per lifetime														
Depression	All adults: screen whenever medically indicated														
Diabetes (type 2)														All adults: screen once every 3 years	
														High-risk adults: screen once every 2 years	
Healthy Diet	Adults with hyperlipidemia & other risk factors for cardiovascular & diet-related chronic disease: 3 intensive counseling sessions per calendar year														
Hypertension	All adults: routine screening														
	Adults with diagnosed hypertension: 6 counseling, treatment, and monitoring sessions per calendar year														
	Adults with diagnosed hypertension: drug therapy as medically indicated														
Immunizations¹															
• Hepatitis A	*	At-risk adults: 2 doses (2nd dose given 6-12 months, or 6-18 months after initial dose)													
• Hepatitis B	*	At-risk adults: 3 doses (2nd dose 1-2 months after initial dose, 3rd dose 4-6 months after initial dose)													
• Influenza	*	At-risk adults: 1 dose annually							All adults: 1 dose annually						
• Measles, mumps, and rubella	*	All adults: 1 or 2 doses if no evidence of immunity													
• Meningococcal	*	At-risk adults: 1 or more doses													
• Pneumococcal	*	At-risk adults: 1-2 doses											All adults: 1 dose		
• Tetanus	*	All adults: 1-dose booster every 10 years													
• Varicella	*	All adults: 2 doses (2nd dose given 4-8 weeks after initial dose) if no evidence of immunity							At-risk adults: 2 doses (2nd dose given 4-8 weeks after initial dose)						
Lipid Disorders															
														All adults: screen once every 5 years	
														Adults with a lipid disorder: 6 counseling, treatment, and monitoring sessions per calendar year	
														Adults with a lipid disorder: drug therapy as medically indicated	
Medical Foods for Persons with Genetic or Endocrine Disorders	Adults with genetic or endocrine disorders: medical foods provided as medically indicated														
Motor Vehicle-Related Injury Prevention	All adults: counsel as medically indicated and reinforce prevention messages annually														
Obesity	All adults: screen once per calendar year														
	All obese (BMI>30) adults: 6 counseling sessions per calendar year														
	All obese adults with a BMI > 40 or BMI > 35 & at least one obesity-related illness: drug therapy and or surgery. Subject to pre-authorization requirements.														
Osteoporosis														High-risk adults: screen every 2+ years	
														All women: screen every 2+ years	
														All men: screen as medically indicated	
Sexually Transmitted Infections (STIs)															
• Counseling to prevent STIs	All adults: education on the risk factors for HIV and other STIs & counseling on effective measures to reduce risk of infection														
• Chlamydia	All women from onset of sexual activity through age 25: screen annually														
														At-risk women: screen as medically indicated	
• Gonorrhea	All women from onset of sexual activity through age 25: screen annually														
														At-risk women: screen as medically indicated	
• Human Immunodeficiency Virus (HIV)	All adults: screen as medically indicated, at least once per lifetime														
	All adults undergoing screening: pre- and post-test counseling, maximum of 3 sessions per test cycle														
• Syphilis	High-risk adults: screen as medically indicated														
Tobacco Use Treatment	All adults: screen at every medical encounter														
	All adults who use tobacco: 12 counseling sessions per calendar year														
	All adults who use tobacco: nicotine replacement products/medications and/or tobacco cessation medication, as medically indicated														
Tuberculosis	High-risk adults: targeted testing														

Screening: 

Testing: 

Counseling: 

Immunization: 

Preventive Treatment: 

Preventive Medication/ Intervention: 

Notes: * Please refer to the life course chart for children and adolescents for immunization recommendations for this age group.
1. The immunization schedule listed on this chart is a graphic representation of recommendations in force at the time the chart was made. Visit the ACIP website (www.cdc.gov/nip/acip/) for up-to-date recommendations.