

Preventive health guidelines for adults

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Dell Children's Health Plan is committed to getting you and your family the right care close to home. We're here to help you stay healthy and well.

Make this year your best year for wellness.

Your health plan may help pay for tests to find health problems early and routine wellness exams to help you and your family stay well. **Use this guide to:**

- ✓ Know when to set up provider visits for you
- ✓ Ask your provider which exams, tests and vaccines are right for you
- ✓ When you should get them, and how often

This guide is just for you to learn from. It is not meant to take the place of medical care or advice. This guide does not mention every condition and treatment, so be sure to talk with your provider if you have concerns about your health.

To learn more about vaccines, visit the Centers for Disease Control and Prevention (CDC) website at [cdc.gov/vaccines](https://www.cdc.gov/vaccines).



Visit the Ascension's Health Library for more information about preventive care at cmhl.ascension.org.

To learn more about your child's health plan, benefits and value-added services, visit

DellChildrensHealthPlan.com/for-members.

To download your member handbook, visit

DellChildrensHealthPlan.com/for-members/member-handbooks.



Women screenings

Your provider may help talk with you about health and wellness issues. These include:

- ✓ Diet and physical activity
- ✓ Family planning
- ✓ Folic acid for women who are of the age to get pregnant
- ✓ Sexual behavior and screening for sexually transmitted infections (STIs)
- ✓ Screening for HIV
- ✓ Screening for hepatitis B (HBV) if high risk
- ✓ Intimate partner violence
- ✓ How to prevent injuries
- ✓ Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- ✓ Use of drugs and alcohol
- ✓ Secondhand smoke
- ✓ How to stop using tobacco
- ✓ Dental health
- ✓ Contraceptive education, methods, counseling and services so that women can better avoid unwanted pregnancies and space pregnancies to promote optimal birth outcomes
- ✓ Mental health, including screening for depression

*Height and weight are used to find body mass index (BMI). BMI is used to see if a person is at the right weight for height or is under or overweight for height.

**Women should talk to their provider and make a personal choice about the best age to begin screening and potential to screen every two years when older.

Source: U.S. Department of Health and Human Services, Health Resources and Services Administration. (n.d) Women's Preventive Services Guidelines.

hrsa.gov/womens-guidelines

Screenings	Appropriate time
Height, weight	Each year or as your provider suggests
BMI*	Each year or as your provider suggests
Blood pressure	Each year or as your provider suggests. High measurements should be confirmed in the home setting
Breast cancer: Doctor exam	Every 1 to 3 years. Each year from age 40 and over
Breast cancer: Mammogram**	<ul style="list-style-type: none">✓ Mammogram: Each year from age 40 to 65+✓ Biennial screening mammography for women aged 50 to 74 years
Cervical cancer: Ages 21-29	Every 3 years
Cervical cancer: Ages 30-65	Pap test every 3 years or HPV testing alone every 5 years
Colorectal cancer	At age 45 and continuing until age 75 years; your provider may suggest any of the following test options: <ul style="list-style-type: none">✓ FIT=fecal immunochemical test✓ FIT-DNA: multitargeted stool DNA test✓ Colonoscopy✓ gFOBT: guaiac-based fecal occult blood test✓ CT colonography✓ Flexible sigmoidoscopy
Glucose screening for type 2 diabetes	As your provider suggests from age 35 to 70 if you are overweight or obese. Individuals with high glucose should talk to their provider about intensive counseling interventions to promote a healthful diet and physical activity
Hepatitis C	Screen once for adults aged 18 and older
Osteoporosis	The test to check how dense your bones are should start no later than age 65; women at menopause should talk to their provider about osteoporosis and have the test when at risk

Pregnancy screenings

Pregnant women should see their provider or OB-GYN in their first three months of pregnancy for a first visit and to set up a prenatal care plan. At this visit, your provider will check your health and the health of your baby.

Based on your past health, your provider may want you to have these tests, screenings or vaccines:

Screenings	Appropriate time
Depression	Screening during and after pregnancy
Diabetes	During pregnancy
Hematocrit/ hemoglobin (blood count)	During pregnancy
Hepatitis B	During pregnancy
HIV	During pregnancy
Preeclampsia (blood pressure)	During pregnancy
Rh(D) blood type and antibody testing	If Rh(D) negative, repeat test at 26 to 28 weeks
Screenings	Appropriate time
Syphilis and other STIs	During pregnancy
Urinalysis	When your provider suggests
Pap Smear (cervical cancer test)	If due

The provider may talk to you about what to eat and how to be active when pregnant as well as staying away from tobacco, drugs, alcohol and other substances. Your provider will provide information during pregnancy and after birth to support breastfeeding, lactation supplies, family planning and counseling.

Other tests and screenings. Some additional tests can be used to check the baby for health concerns. These tests are done at certain times while you are pregnant. The best test to use and the best time to do it depends on many things. These include your age as well as your medical and family history. Talk to your provider about what these tests can tell you about your baby, the risks of the tests and which tests may be best for you.

- ✓ Amniocentesis
- ✓ Special blood tests
- ✓ Ultrasound tests, including special tests (used with blood tests during the first three months for chromosomal abnormality risk) and routine two dimensional tests to check on the baby

Medications. If you are at high risk for a condition called preeclampsia, your provider may recommend the use of low dose aspirin as preventive medicine.

Vaccines. If you are pregnant in the flu season (October to March), your provider may want you to have the inactivated (killed) flu vaccine. Pregnant adolescents and adults should be vaccinated with Tdap vaccine with each pregnancy. Tdap should be administered between 27 and 36 weeks gestation, although it may be given at any time during pregnancy.

While other vaccines may be given in special cases, it is best to get the vaccines you need before you get pregnant. Women should always check with their provider about their own needs.

You **should NOT** get these vaccines while you are pregnant:

- ✓ Measles, mumps, rubella (MMR)
- ✓ Varicella (chickenpox)

Men screenings

The provider may talk with you about health and wellness issues. These include:

- ✓ Diet and physical activity
- ✓ Family planning
- ✓ How to prevent injuries
- ✓ Misuse of drugs and alcohol
- ✓ How to stop using tobacco
- ✓ Secondhand smoke
- ✓ Screening for HIV
- ✓ Sexual behavior and screening for sexually transmitted infections (STIs)
- ✓ Screening for hepatitis B (HBV) if high risk
- ✓ Dental health
- ✓ Mental health, including screening for depression
- ✓ Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks

Screenings	Appropriate time
Depression	Each year or as your provider suggests
BMI*	Each year or as your provider suggests
Abdominal aortic aneurysm	One time for ages 65-75 for those who have ever smoked
Blood pressure	Each year or as your provider suggests. High measurements should be confirmed in the home setting
Cholesterol	Statin use may be recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease
Colorectal cancer	At age 45 and continuing until age 75 years; your provider may suggest any of the following test options: <ul style="list-style-type: none">✓ FIT=fecal immunochemical test✓ FIT-DNA: multitargeted stool DNA test✓ gFOBT: guaiac-based fecal occult blood test✓ Colonoscopy✓ CT colonography✓ Flexible sigmoidoscopy
Glucose screening for type 2 diabetes	As your provider suggests from 35 to 70 if you are overweight or obese. Individuals with high glucose should talk to their provider about intensive counseling to promote a healthy diet and physical activity
Hepatitis C	Screen once if born between 1945-1965
Prostate cancer	If you are 55 to 69, discuss with your provider the risks and benefits of the prostate cancer tests

*Height and weight are used to find body mass index (BMI). BMI is used to see if a person is at the right weight for height or is under or overweight for height.

Source: U.S. Preventive Services Task Force uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations

Suggested vaccine schedule

For more information this schedule, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines). Talk with your provider to determine which vaccines are right for you.

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
COVID-19		1 or more doses of 2025–2026 vaccine (See Notes)		2 or more doses of 2025–2026 vaccine (See Notes)
Influenza inactivated (IIV3, cIIV3) Influenza recombinant (RIV3)		1 dose annually		1 dose annually (HD-IIV3, RIV3, or aIIV3 preferred)
Influenza inactivated (aIIV3; HD-IIV3) Influenza recombinant (RIV3)		Solid organ transplant (See Notes)		
Influenza live, attenuated (LAIV3)	1 dose annually			
Respiratory syncytial virus (RSV)	Seasonal administration during pregnancy (See Notes)		60–74 years (See Notes)	≥75 years
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (See Notes)	1 dose Tdap, then Td or Tdap booster every 10 years		
Measles, mumps, rubella (MMR)		1 or 2 doses depending on indication (if born in 1957 or later)		For health care personnel (See Notes)
Varicella (VAR)	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV)	2 doses for immunocompromising conditions (See Notes)		2 doses	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27–45 years		
Pneumococcal (PCV15, PCV20, PCV21, PPSV23)			See Notes	See Notes
Hepatitis A (HepA)		2, 3, or 4 doses depending on vaccine		
Hepatitis B (HepB)		2, 3, or 4 doses depending on vaccine or condition		
Meningococcal A, C, W, Y (MenACWY)		1 or 2 doses depending on indication (See Notes for booster recommendations)		
Meningococcal B (MenB)	19–23 years		2 or 3 doses depending on vaccine and indication (See Notes for booster recommendations)	
Haemophilus influenzae type b (Hib)		1 or 3 doses depending on indication		
Mpox		2 doses		
Inactivated poliovirus (IPV)		Complete 3-dose series if incompletely vaccinated. Self-report of previous doses acceptable (See Notes)		

Yellow box: Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of immunity

Purple box: Recommended vaccination for adults with an additional risk factor or another indication

Blue box: Vaccination is based on shared clinical decision-making

Grey box: No Guidance/Not Applicable

