

PERSONAL PREVENTIVE CARE (Female)

PATIENT NAME: _____

DATE: _____

VACCINES	COVERAGE	LAST DOSE	Recommendations/Actions
Influenza	Recommended yearly (covered yearly)		
Pneumococcal	1 dose PCV15 followed by PPSV23 1 year later OR 1 dose PCV20		
PPSV 23	Recommended once over age 65 (covered once in a lifetime)		
Prevnar (<i>circle</i>) 13 15 20	Recommended once over age 65 (covered once in a lifetime)		
Shingrix (Shingles)	Optional over age 50 (covered if medically necessary) Will need to be administered by patient's pharmacy		
Tdap or Td (Tetanus)	Recommended every 10 years (covered if medically necessary)		
COVID			
SCREENINGS	COVERAGE	Last SERVICE DATE	Findings/Recommended Next Service Date
Mammogram	Recommended yearly over age 40 (covers 1 baseline age 35-39: covers yearly over age 40)		
PAP/Pelvic	Recommended age 65, once if nml (covered yearly if high risk, every 2 years if normal risk)		
Colon Cancer Screening	<u>Recommended to start screening at 45</u> Colonoscopy: Every 10 years if negative Cologuard: Every 3 years if negative Fecal occult Blood card: Every year if negative		
Diabetes Screen (Fasting glucose)	Recommended once a year; if meets criteria- One of these: HTN, Hx of high BS, Hx of high cholesterol, Obesity Two of these: ≥65, overweight, FamHx DM or gestational diabetes		
Fasting Lipid	Recommended once a year; MCR will pay annually with 20% co-pay; once every 5 years MCR will cover at 100%		
Eye Care	Recommended yearly if over age 65 and diabetic. (Covered if diabetic or family history glaucoma)		
Dental Care	Regular exam and cleanings (dental care is not covered unless medically necessary)		
DEXA Scan	Recommended over age 65 (covered every 2 yrs, or more often if necessary)		
Low Dose CT	Recommended yearly for ages 50-77 who have a 20 – pack per year smoking history, currently smoke or have quit within 15 years		
Hep C	Recommended once (covered one screening test or yearly if necessary)		
HIV	Offered if at risk (covered yearly if at high risk)		
Annual Wellness Visit	Recommended yearly (covered yearly)		