



2015 WELL-ADULT PRACTICE GUIDELINES

PURPOSE:

These guidelines describe the recommended considerations to meet needs-appropriate routine and high-risk screening standards for non-pregnant adults 20-64 years old and care for adults 65 years and older.

OVERVIEW:

This guideline describes the recommended preventive measures, including screening tests, counseling, immunizations, and chemoprophylaxis applicable to the non-pregnant well-adult.

PREVIOUS GUIDELINE:

This amends the Well-Adult Practice Guidelines that were approved in 2013.

GUIDELINES:

BCBSRI adopts the recommendations of the U.S. Preventive Services Task Force as presented on the Agency for Healthcare Research and Quality (AHRQ) Web site in the Recommendations for Clinical Preventive Services section at (<http://www.guideline.gov/>). Updates automatically become part of this guideline.

The U.S. Preventive Services Task Force defers to the recommendations of The Advisory Committee on Immunization Practices (ACIP) for adult immunizations found at: <http://www.cdc.gov/vaccines/schedules/index.html>

MONITORING:

Medical record reviews as part of the credentialing process, selected HEDIS measures, including screening for Breast, Cervical and Colorectal Cancers, as well as, Flu Shots for Older Adults.

IMPLEMENTATION CONSIDERATIONS:

These guidelines are not coverage or utilization guidelines. In some instances, the recommended intervention may not be a covered benefit (e.g., vaccines related to occupation). In some instances, interventions not recommended will not be denied as not medically necessary (e.g., screening lipid profiles in younger populations).

REFERENCE:

Agency for Healthcare Research and Quality (AHRQ): <http://www.ahrq.gov/>

AHRQ Clinical Information: <http://www.ahrq.gov/clinic/>

U.S. Preventive Services Task Force (USPSTF): <http://www.ahrq.gov/clinic/uspstfix.htm>

The Advisory Committee on Immunization Practices (ACIP): <http://www.cdc.gov/vaccines/acip/index.html>

REVIEWS AND APPROVALS:

Medical Peer Review Committee

Dates: 01/08/97, 07/07/99, 05/02/01, 04/02/03, 03/02/05, 3/7/07, 3/4/09, 3/16/09, 01/16/2013, 01/21/2015