

COVENTRY HEALTH CARE CLINICAL PREVENTIVE SERVICES 2008

Coventry Health Care promotes the U.S. Preventive Services Task Force (USPSTF) evidence-based recommendations for clinical preventive services. The guidelines serve as recommendations for individuals at “normal risk”. Coventry’s preventive health guidelines will also include individuals with “risk factors” that impact a large number of members and/or have potential for significant adverse health outcomes. Clinicians and patients should work together to make decisions about which preventive services are most appropriate for individual patients. Some individuals in certain higher risk categories may require earlier or more frequent screening exams and this should be discussed with their physicians.

Coventry Health Care, Inc. preventive health guidelines do not reflect reimbursement or payment practices.

CLINICAL PREVENTIVE SERVICES (11 TO 24 YEARS)		
PREVENTIVE SERVICES	RECOMMENDATION	REFERENCE
Blood Pressure	Routine screening for all persons ≥ 18 years of age.	USPSTF:2007
Papanicolaou (Pap) Test (Women)	Perform at least every 3 years. Begin screening within 3 years of onset of sexual activity or age 21 (whichever comes first). The interval for each patient should be recommended by the physician based on risk factors.	USPSTF:2003
Chlamydia Screen (Women ≤ 24 years)	Routine screening for Chlamydia in all sexually active women age ≤ 24 and in older women who are at increased risk.	USPSTF:2008
Gonorrhea Screen (Women < 25 years)	Screen sexually active women under the age of 25 years (including sexually active adolescents) and others at increased risk for gonorrhea infection.	USPSTF:2005
Rubella Serology or Vaccination History (Women > 12 years)	Screen for rubella susceptibility by history of vaccination or by serology for all women of childbearing age at their first clinical encounter.	USPSTF:1996
Assess for Problem Drinking	Screening and behavioral counseling interventions to reduce alcohol misuse by adults, including pregnant women.	USPSTF:2004
Assess for Tobacco Use	Screen adults for tobacco use and provide tobacco cessation interventions for those who use tobacco products.	USPSTF: 2003
Assess for Depression	Screen adults to detect depression in clinical practices that have systems in place to assure accurate diagnosis, effective treatment, and follow up.	USPSTF: 2002
Assess for Obesity	Screen adults for obesity using body mass index and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.	USPSTF: 2003
Chemoprophylaxis	Daily multivitamins with folic acid for all women who are planning or capable of pregnancy.	USPSTF:1996
Counseling	<u>Injury Prevention</u>	USPSTF:1996

U.S.Preventive Services Task Force (USPSTF), 2nd Edition, 1996
 U.S.Preventive Services Task Force (USPSTF), 3rd Edition Periodic Updates
 American Medical Association (AMA), Policy
 U.S .Preventive Services Task Force (USPSTF), 2005
 U.S .Preventive Services Task Force (USPSTF), 2007
 U.S .Preventive Services Task Force (USPSTF), 2008
 American Academy of Pediatrics (AAP), 2008

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PREVENTIVE SERVICES	RECOMMENDATION	REFERENCE
	<p>Lap-shoulder belts Children who have outgrown their booster seats should ride in a lap and shoulder belt; they should ride in the back seat until 13 years of age.</p> <p>Bicycle/motorcycle/ATV helmets Smoke detector Safe storage/removal of firearms</p> <p style="text-align: center;"><u>Diet and Exercise</u></p> <p>Limit fat and cholesterol; maintain caloric balance; emphasize grains, fruits, vegetables Adequate calcium intake (Women) Regular physical activity</p> <p style="text-align: center;"><u>Substance Abuse</u></p> <p>Avoid tobacco use Avoid underage drinking and illicit drug use Avoid alcohol/drug use while driving, swimming, boating, etc.</p> <p style="text-align: center;"><u>Dental Health</u></p> <p>Regular visits to dental are provider Floss, brush with fluoride toothpaste daily</p> <p style="text-align: center;"><u>Sexual Behavior</u></p> <p>STD prevention: abstinence; avoid high-risk behavior; condoms/female barrier with spermicide Unintended pregnancy: contraception</p>	<p>AMA: 2001 AAP 2008</p>

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U.S .Preventive Services Task Force (USPSTF), 2007
U.S .Preventive Services Task Force (USPSTF), 2008
American Academy of Pediciatrics (AAP), 2008