

**MUTUAL OF OMAHA
PREVENTIVE CARE GUIDELINES
FEMALES: AGES 19-39 YEARS**

(PHYSICAL EXAM ONCE EVERY 3 YEARS)

	SHADED AREAS = RANGE OF ACCEPTABLE AGES PLEASE NOTE THESE RECOMMENDATIONS ARE MINIMAL REQUIREMENTS.
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Age (Years)	19	22	25	28	31	34	37	39
TD (EVERY 10 YEARS)								
VARICELLA (IF NON-IMMUNE) ^{1,2}	(19 - 25 YRS)							
Human Papillomavirus (HPV) / Gardasil ³	HPV (3 doses) ³ 0, 2, 6 mos/ up to age 26 yrs							
¹ CATCH UP VACCINATION IF NOT PREVIOUSLY IMMUNIZED								
² If lacks reliable history, 2 doses 4 - 8 weeks apart								
³ Administer HPV (3 dose series for women through age 26 yrs) 1 st dose of series at 11-12 yrs, minimum age 9 yrs, 2 nd dose 2 months after first dose and 3 rd dose 6 months after 1 st dose. (0, 2, 6 mos) Administer series at 13-18 yrs if not previously vaccinated up to age 26 yrs.								
<u>HISTORY</u>								
DIETARY INTAKE								
PHYSICAL ACTIVITY								
TOBACCO/ALCOHOL/DRUG USE								
SEXUAL PRACTICES								
<u>PHYSICAL EXAM</u>								
HEIGHT & WEIGHT								
BLOOD PRESSURE								
BREAST / PELVIC EXAM								
SKIN EXAM								
<u>TESTS</u>								
PAP SMEAR (ONE EVERY 3 YEARS)								
LIPID PROFILE (EVERY 5 YEARS)								
<u>COUNSELING</u>								
SELF BREAST EXAM								
DIETARY								
ADEQUATE CALCIUM INTAKE								
EXERCISE								
EFFECTS OF PASSIVE SMOKING/ SMOKING CESSATION								
ALCOHOL & OTHER DRUGS CESSATION								
AVOID DRIVING/ SWIMMING/ BOATING AFTER DRINKING								
SMOKE DETECTOR								
SAFETY BELTS								
DENTAL HYGIENE								
SEXUAL PRACTICES / STDs PREVENTION /CONTRACEPTION								
SAFETY HELMETS BICYCLE/								

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02/21/2000, 5/17/1999, 10/19/1998, 12/09/1996

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MOTORCYCLE/ATV HELMETS								
VIOLENT BEHAVIOR AND FIREARMS								
SUNBLOCK USAGE								
PROPER BODY MECHANICS								
HIGH RISK GROUPS / SELECTED POPULATIONS¹								
TB								
PPD								
HEPATITIS A ²								
HEPATITIS B								
INFLUENZA VACCINE								
PNEUMOCOCCAL VACCINE ³								
Meningococcal Vaccine ⁴								
MMR								
SEXUALLY TRANSMITTED DISEASES VDRL, GONORRHEA, HIV								
CHLAMYDIA (ANNUALLY IF SEXUALLY ACTIVE)								
MAMMOGRAPHY (HIGH RISK BASELINE 35 - 40 YEARS)								
FASTING BLOOD SUGAR								
COLONOSCOPY								
¹ THESE ARE NOT REQUIREMENTS BUT REMINDERS TO CONSIDER THESE ITEMS IN HIGH RISK INDIVIDUALS								
² SELECTED STATES AND REGIONS								
³ COCHLEAR IMPLANT RECIPIENTS UP TO DATE ON AGE APPROPRIATE PNEUMOCOCCAL VACCINATION								
⁴ HIGH RISK OR ALL AGES								

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