

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## Gorman Medical Health and Wellness Check List

(Please select your age group and complete the check list by checking the box if your Primary Care physician is handling the screening.)

### Birth to 17 years

#### Check Ups

Visits at 1, 2, 4, 6, 9, 12, 15 and 18 months of age. Annual visits from ages 2 to 6. Visits every other year for ages 6 to 17.

#### 2019 Vaccines Chart

	Birth	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	24 mos	4/5 years	10 years	11 years	12 years	16 years	17 years
Hepatitis B	✓														
Dtap-IPV-HepB		✓	✓	✓											
Pneumococcal		✓	✓	✓		✓									
Rotavirus		✓	✓												
H.influenzae		✓	✓	✓		✓									
MMR							✓								
Varicella							✓								
Proquad (MMRV)										✓					
Dtap							✓								
Hepatitis A						✓		✓							
Dtap-IPV (Kinrix)										✓					
Tdap											✓				
Meningococcal												✓		✓	
HPV 2- 3 doses													✓		
Meningococcal B															✓✓
Influenza				✓	And	every	year	there	after	in	the	fall.			

#### Screening Tests

- Vision: Check once before age 5.
- Obesity: Monitor starting at age 6.
- Chlamydia and Gonorrhea: Check yearly for sexually active females ages 15 to 24 years.
- HIV/AIDS: Check between ages 15 and 65.
- HPV (Human Papillomavirus): Females and males ages 11 to 14 years should receive a two-dose series, and females ages 15 to 26 and males ages 15 to 21 should receive a three-dose series.
- Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## **Gorman Medical** **Health and Wellness Check List**

(Please select your age group and **complete the check list by checking the box if your Primary Care physician is handling the screening.**)

### **18 to 39 years**

#### **Wellness Check**

Check blood pressure, screen for healthy weight and assess overall health.

#### **Screening Tests**

- Vision: Checkups every 2-3 years
- Oral Hygiene: Dental checkups every six months
- HIV/AIDS: Check between ages 15 and 65.
- Diabetes: Blood pressure is greater than 135/80, or BMI is  $\geq$  to 25, or history of gestational diabetes, or a family history.

#### **Immunizations**

- Influenza (Flu): Yearly flu vaccine.
- Varicella (Chickenpox): A vaccine for adults born in 1980 or later.
- HPV: Unvaccinated females ages 15 to 26 and males ages 15 to 21 should receive a three-dose series.
- MMR (Measles, Mumps and Rubella): Adults ages 19 to 59 should have recorded in their chart at least one dose of the vaccine.
- Tdap/Td: Adults younger than age 65 should receive a tetanus vaccine (Tdap or Td) every 10 years.

#### **Men's Health**

- Lipid test: At age 35

#### **Women's Health**

- Chlamydia and Gonorrhea: Check yearly for sexually active females ages 15 to 24 years.
- Cervical Cancer: For all women ages 21 to 29—Pap test every three years. For women ages 30 to 65—Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.
- Pregnancy: If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid.

#### **Discussion Topics**

Routine topics may include alcohol and tobacco use, depression, domestic violence, heart health, preventing falls, safe sex and skin cancer.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## **Gorman Medical** **Health and Wellness Check List**

(Please select your age group and **complete the check list by checking the box if your Primary Care physician is handling the screening.**)

### **40 to 49 years**

#### **Wellness Check**

Check blood pressure, screen for healthy weight and assess overall health.

#### **Screening Tests**

- Vision: Checkups every 1-2 years
- Oral Hygiene: Dental checkups every six months
- Cholesterol: Check every five years.
- HIV/AIDS: Check between ages 15 and 65.
- Diabetes: Blood pressure is greater than 135/80, or BMI is  $\geq$  to 25, or history of gestational diabetes, or a family history.

#### **Immunizations**

- Influenza (Flu): Yearly flu vaccine.
- MMR (Measles, Mumps and Rubella): Adults ages 19 to 59 should have recorded in their chart at least one dose of the vaccine.
- Tdap/Td: Adults younger than age 65 should receive a tetanus vaccine (Tdap or Td) every 10 years.

#### **Men's Health**

- Lipid test: Every 10 years

#### **Women's Health**

- Cervical Cancer: Women ages 30 to 65 should have a Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.
- Pregnancy: All females who are pregnant or able to get pregnant should take a daily vitamin or supplement containing 0.4 to 0.8 mg of folic acid.
- Breast Cancer: Mammography is optional every other year. Talk to your doctor about your options for breast cancer screening. It's your decision whether to start screening before the age of 50.

#### **Discussion Topics**

Routine topics may include alcohol and tobacco use, depression, domestic violence, heart health, preventing falls, safe sex and skin cancer.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## **Gorman Medical**

### **Health and Wellness Check List**

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#### **50 to 74 years**

##### **Wellness Check**

Check blood pressure, screen for healthy weight and assess overall health.

##### **Screening Tests**

- Vision: Checkups every 1-2 years
- Oral Hygiene: Dental checkups every six months
- Cholesterol: Check every five years.
- Colon Cancer: Preferred Screening Options—A colonoscopy every 10 years, an annual **Cologuard** test (a Fecal Immunochemical Test) or a sigmoidoscopy every 10 years with annual FIT testing. Other Options—A CT colonography every five years or a FIT/DNA test every three years.
- Blood in Stool- Guaiac Testing is an annual test that looks for hidden blood in a stool sample.
- HIV/AIDS: Check between ages 15 and 65.
- Diabetes: Blood pressure is greater than 135/80, or BMI is  $\geq$  to 25, or history of gestational diabetes, or a family history of diabetes.
- Hepatitis C: Check adults born between 1945 and 1965.
- Chest CT: Current smoker that smokes more than 30 packs a year or former smoker that quit less than 15 years.

##### **Immunizations**

- Influenza (Flu): Yearly flu vaccine.
- MMR (Measles, Mumps and Rubella): Adults ages 19 to 59 should have recorded in their chart at least one dose of the vaccine.
- Tdap/Td: Adults younger than age 65 should receive a tetanus vaccine (Tdap or Td) every 10 years.
- Zoster (Shingles): Adults age 50 and older should receive a two-dose vaccine series.
- Pneumococcal (Pneumonia): At least two vaccinations (injections) one year apart beginning at age 65.

##### **Men's Health**

- Lipid test: Every 10 years
- Prostate Cancer: Talk to your doctor about your risk. Regular screening is not recommended for men who have an average risk.

##### **Women's Health**

- Cervical Cancer: Women ages 30 to 65 should have a Pap test every three years, or high-risk HPV (hrHPV) screening every five years, or Pap test with hrHPV screening every five years.
- Breast Cancer: Mammography every two years.
- Bone Density: Check starting at age 65.

##### **Discussion Topics**

Routine topics may include alcohol and tobacco use, depression, domestic violence, heart health, preventing falls, safe sex and skin cancer.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## **Gorman Medical** **Health and Wellness Check List**

(Please select your age group and **complete the check list by checking the box if your Primary Care physician is handling the screening.**)

### **75 and older**

#### **Wellness Check**

Check blood pressure, screen for healthy weight and assess overall health.

#### **Screening Tests**

- Vision: Checkups should be annually
- Oral Hygiene: Dental checkups every six months
- Colon Cancer: The decision to screen for colorectal cancer in adults ages 76 to 85 years should be an individual one, considering the patient's overall health and prior screening history. Preferred Screening Options—A colonoscopy every 10 years, an annual **Cologuard** test (a Fecal Immunochemical Test) or a sigmoidoscopy every 10 years with annual FIT testing. Other Options—A CT colonography every five years or a FIT/DNA test every three years.
- Blood in Stool- Guaiac Testing is an annual test that looks for hidden blood in a stool sample.
- Diabetes: Blood pressure is greater than 135/80, or BMI is  $\geq$  to 25, or history of gestational diabetes, or a family history.
- Assessment for TB: To determine risk factors.

#### **Immunizations**

- Tdap/Td: Adults age 65 and older may receive a tetanus vaccine (Tdap or Td) every 10 years.
- Zoster (Shingles): Adults age 50 and older should receive a two-dose vaccine series.

#### **Men's Health**

- Prostate Cancer: Talk to your doctor about your risk. Regular screening is not recommended for men who have an average risk.

#### **Women's Health**

- Breast Cancer: Mammography is optional after age 74.

#### **Discussion Topics**

Routine topics may include alcohol and tobacco use, depression, domestic violence, heart health, preventing falls, safe sex and skin cancer.