

# Adult Preventive Care Guidelines

## ABOUT THE MHCP ADULT PREVENTIVE CARE GUIDELINES

These clinical recommendations developed by a consensus panel of Michigan-based healthcare organizations, clinicians, and community advocates for all primary care providers care for adult patients through primary prevention. These recommendations suggest clinical decisions to be made in individual patients. These guidelines are intended to assist practice transformation and provide information to assist those community organizations or providers who have begun discussions on the particular health care or patient health status plan of their patients. These recommendations are intended to be used as a guide that should be used in conjunction with professional judgment and discretion in individual care settings. Recommendations are provided.

## Periodic Health Evaluation

### At Every Age

- Current tobacco use and at least yearly history
- Patient age appropriate physical exam
- Review previous screening recommendations and results
- Update immunizations. For adults immunization guidelines, refer to the [Michigan Immunization Schedule](#).
- Adult assessment use of alcohol. All patients are encouraged to not use alcohol. If necessary, all other patients may be encouraged to not use alcohol. Refer to the [Michigan Alcohol Use Guidelines](#) for additional information on alcohol. All patients are encouraged to not use alcohol. Refer to the [Michigan Alcohol Use Guidelines](#) for additional information on alcohol. All patients are encouraged to not use alcohol. Refer to the [Michigan Alcohol Use Guidelines](#) for additional information on alcohol.
- Screen for depression. All patients are encouraged to not use alcohol. Refer to the [Michigan Depression Screening Guidelines](#) for additional information on alcohol.
- Screen for anxiety. All patients are encouraged to not use alcohol. Refer to the [Michigan Anxiety Screening Guidelines](#) for additional information on alcohol.
- Screen for substance use. All patients are encouraged to not use alcohol. Refer to the [Michigan Substance Use Screening Guidelines](#) for additional information on alcohol.
- Screen for chronic disease. All patients are encouraged to not use alcohol. Refer to the [Michigan Chronic Disease Screening Guidelines](#) for additional information on alcohol.
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| Age 18-24 years                               | Age 25-34 years                               | Age 35-44 years                               | Age 45-64 years                               |
|---|---|---|---|
| • Smoking history (current, former, or never) | • Smoking history (current, former, or never) | • Smoking history (current, former, or never) | • Smoking history (current, former, or never) |
| • Alcohol use (current, former, or never)     | • Alcohol use (current, former, or never)     | • Alcohol use (current, former, or never)     | • Alcohol use (current, former, or never)     |
| • Depression (current, former, or never)      | • Depression (current, former, or never)      | • Depression (current, former, or never)      | • Depression (current, former, or never)      |
| • Anxiety (current, former, or never)         | • Anxiety (current, former, or never)         | • Anxiety (current, former, or never)         | • Anxiety (current, former, or never)         |
| • Substance use (current, former, or never)   | • Substance use (current, former, or never)   | • Substance use (current, former, or never)   | • Substance use (current, former, or never)   |
| • Chronic disease (current, former, or never) | • Chronic disease (current, former, or never) | • Chronic disease (current, former, or never) | • Chronic disease (current, former, or never) |

These recommendations are based on the best available evidence and are intended to be used as a guide.

For additional information, refer to the [Michigan Immunization Schedule](#), [Michigan Alcohol Use Guidelines](#), [Michigan Depression Screening Guidelines](#), [Michigan Anxiety Screening Guidelines](#), [Michigan Substance Use Screening Guidelines](#), [Michigan Chronic Disease Screening Guidelines](#), and [Michigan Chronic Disease Screening Guidelines](#).

# Preventive Care Guidelines For 23

**Léo Pomar**



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