

# SHARP Health Plan

Diabetes & hypertension (18 years and older)<sup>1</sup>

## Preventive Care Checklist

Discuss your checklist with your doctor to develop your own personalized preventive care plan. Your doctor will help you determine which tests and health screenings are best for you based on your age, gender, health status and family history.

Exams		
Periodic Well Visit with Your PCP (schedule at least 2 months in advance)	18 and older	<input type="radio"/>
Medication Review (with an RN, pharmacist or your PCP)	18 and older	<input type="radio"/>
Vaccines		
COVID-19*	18 and older	<input type="radio"/>
Flu Shot (every fall)	18 and older	<input type="radio"/>
Pneumonia (Pneumovax 15 followed by Pneumovax or Prevnar 20)	19 – 64 <sup>2</sup> 65 and older	<input type="radio"/>
Screenings		
Blood Pressure	18 and older	<input type="radio"/>
Body Mass Index (BMI)	18 and older	<input type="radio"/>
Cholesterol <sup>2</sup>	20 and older	<input type="radio"/>
Depression and Suicide Risk	18 and older	<input type="radio"/>
Tobacco, Drug and Alcohol Use Screening	18 and older	<input type="radio"/>
Blood Sugar (HbA1c; Diabetes) <sup>2</sup>	18 and older	<input type="radio"/>
Visual Foot Inspection (Diabetes)	18 and older	<input type="radio"/>
Dilated Eye Exam (Diabetes) <sup>2</sup>	18 and older	<input type="radio"/>
Kidney Function (Diabetes) <sup>2</sup>	18 and older	<input type="radio"/>
Program Referral		
Health Coaching Program <sup>2</sup>	18 and older	<input type="radio"/>
Disease Management Program <sup>2</sup>	18 and older	<input type="radio"/>

\*Some COVID-19 vaccines are authorized under EUA (emergency use authorization). <sup>1</sup>The information in these checklists includes recommendations adapted from the following sources as of January 2023 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration. Also check the age related preventive health checklist. <sup>2</sup>Based on risk factors, and as advised by your doctor. <sup>3</sup>For ages 27 – 45, shared clinical decision-making between member and PCP. <sup>4</sup>One-time screening. <sup>5</sup>With a 20 pack year smoking history and currently smoke or have quit within the past 15 years. <sup>6</sup>Recommended for women 60 years and older if they have additional risk factors. <sup>7</sup>19 and older if immunodeficient or immunosuppressed because of disease or therapy. <sup>8</sup>Based on HRSA/WPSI effective 1/1/2023