

Regence

Clinical Practice Guideline

Preventive Services Guideline for Adults

Revised / Effective: July 2024

Next Review: April 2025

RECOMMENDATION SUMMARY

The health plan supports the adult (defined as age 19 years and older including those 65 years and older) recommendations from the United States Preventive Services Task Force (USPSTF) regarding preventive care services and the Centers for Disease Control and Prevention for immunizations.

Please refer to the references listed below for detailed information that specifies the age requirements, risk factors, and contraindications.

REFERENCES

BREAST CANCER SCREENING

United States Preventive Services Task Force. Breast Cancer: Screening. 2024. Available at: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>

CERVICAL CANCER SCREENING

United States Preventive Services Task Force. Cervical Cancer: Screening. 2018. Available at: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening>

COLORECTAL CANCER SCREENING

United States Preventive Services Task Force. Colorectal Cancer: Screening. 2021. Available at: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>

DEPRESSION SCREENING

United States Preventive Services Task Force. Depression and Suicide Risk in Adults: Screening: 2023. Available at: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-adults>

IMMUNIZATIONS

Centers for Disease Control and Prevention. Recommended Adult Immunizations Schedule. United States. 2024. Available at: <http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>

OSTEOPOROSIS SCREENING

United States Preventive Services Task Force. Osteoporosis: Screening. 2018. Available at: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/osteoporosis-screening>

PREVENTION OF HUMAN IMMUNODEFICIENCY VIRUS (HIV) INFECTION

United States Preventive Services Task Force. Prevention of Human Immunodeficiency Virus (HIV) Infection: Preexposure Prophylaxis. 2023. Available at: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/prevention-of-human-immunodeficiency-virus-hiv-infection-pre-exposure-prophylaxis>

POSITION STATEMENT

The USPSTF and CDC recommendations are supported by the health plan because they are based on scientific evidence, and where evidence is lacking, on expert panel consensus judgment. The guidelines reflect the current standard of care.

- They consist of an independent panel of experts in primary care and prevention that systematically reviews the evidence of effectiveness and develops recommendations for clinical preventive services.
- The panel members are recognized experts practicing in a variety of professional settings.
- Recommendations are based on a well-defined, comprehensive scientific literature search.
- Methods used to select appropriate scientific literature are well defined.
- The methods used to critically appraise the evidence supporting guideline recommendations are transparent.
- The guidelines clearly state the strength of the evidence for which recommendations are based.
- The source of funding is the United States Government.

GUIDELINE ADOPTION AND RECOMMENDED USE

These guidelines have been adopted based on nationally recognized sources. These guidelines are based on the most recent medical evidence available at the time of the report or on a consensus of panel experts. The health plan adopts guidelines to help practitioners and members make decisions about appropriate health care for specific medical conditions. Guidelines are not a substitute for professional medical advice.

BENEFIT DETERMINATION

Benefit determinations should be based in all cases for the applicable contract coverage, which may not cover all preventive services addressed in the guidelines. To the extent that there are any conflicts between these guidelines and the contract language, the contract language takes precedence.

Date of Origin: January 2014