



Preventive Screening for Adults

Clinical Practice Initiatives

NaviCare[®] HMO SNP, a Medicare Advantage Special Needs Plan and NaviCare[®] SCO, a Senior Care Options program, both from Fallon Health, have endorsed the Massachusetts Health Quality Partners' (MHQP) Adult Preventive Care Guidelines. These guidelines can be found at <http://fallonhealth.org/providers/medical-management/health-care-guidelines.aspx>.

Preventive patient education

NaviCare may provide the following educational information to your patients and their caregivers:

- Reinforcement of healthy lifestyle changes, including the importance of having routine follow-up visits, taking medication(s) as prescribed, maintaining a healthy diet for weight management, following exercise recommendations, smoking cessation, and avoidance of secondhand smoke.
- Importance of annual health assessment, including functional status assessment.
- Importance of annual blood pressure to screen for hypertension.
- Importance of appropriate pharmacologic therapy, along with regular follow-up visits, to support control of high blood pressure.
- Importance of an annual influenza vaccine.
- Importance of pneumococcal vaccines on or after 65th birthday, according to current guidelines
- Importance of herpes zoster and tetanus vaccines, according to current guidelines.
- When clinically indicated, preventive cancer screenings for: breast and colon cancers with consideration of screening for cervical and skin cancers as recommended by MHQP and a lung cancer screening as recommended by the U.S. Preventive Services Task Force*.
- One-time Hepatitis C screening for people born between 1945-1965.
- Osteoporosis evaluation and management including bone mineral density testing for women.
- Consideration of aspirin therapy to prevent cardiovascular disease when appropriate.
- Abdominal aortic screening in men ages 65-75 with a history of smoking.
- Importance of evaluation and consideration of statin use for patients at risk for cardiovascular disease and for patients who have diabetes.

*Access the U. S. Preventive Services Task Force Published Recommendations at: [uspreventiveservicestaskforce.org/BrowseRec/Index](https://www.preventiveservices.org/BrowseRec/Index)

(continued)

Clinical indicators

When evaluating your performance, Fallon will review the percentage of your patients over the age of 65 who:

- Had their blood pressure taken during the calendar year.
- Received the following vaccines:
 - Annual influenza vaccine
 - Pneumococcal vaccine(s), as recommended
 - Herpes Zoster vaccine, as recommended
 - Tetanus vaccine, as recommended
- Received a bone mineral density (BMD) test.
- Were screened for colorectal cancer either: annually with a FOBT, every three years with a FIT-DNA, every five years with a flexible sigmoidoscopy or virtual colonoscopy, or every ten years with a colonoscopy from ages 65-75 (after 75, discuss benefits and limitations).
- Are female and had a mammogram every two years, or more frequently at clinician/patient discretion based on risk factors and patient values regarding benefits/harm (after age 75, discuss benefits and limitations).

1-877-700-6996

Monday–Friday, 8:30 a.m.–5:00 p.m.

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