

**PREVENTION
GUIDELINES
FOR ADULTS**



READY. SET. THRIVE.

Visit kp.org/healthyliving for resources to help you live life to the fullest:

- **Start a healthy lifestyle program.** Get a customized plan to help you lose weight, beat stress, improve your eating habits, or quit smoking.
- **Take a class.** Learn how to lower your blood pressure, try out yoga or tai chi, check out a parenting class, and more!
- **Get a healthy discount.** Get discounts on select health club memberships, vitamins and supplements, and educational books and DVDs.
- **Manage your weight.** Take advantage of Kaiser Permanente’s innovative weight management programs or get Weight Watchers® offerings at an average 20% discount.
- **Go for a walk.** Get a discount on HealthPartners’ 10,000 Steps® program.
- **Search our health encyclopedia.** Stay informed with more than 40,000 searchable pages of useful information.
- **Crunch some numbers.** Use our health calculators to check your body mass index, find your target heart rate, and more!

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RECOMMENDED LIFESTYLE PRACTICES							
AGE	18+	30	40	50	60	70	80+
Alcohol and drugs	Don't drive after drinking or using drugs. If drinking or using drugs is causing problems for you and others, we can help.						
Diet and nutrition	Enjoy a variety of healthy foods daily. Eat at least 5 servings of fruits and vegetables every day. Choose lean meats, low-fat dairy products, and whole grain foods. Limit foods high in salt, saturated and trans fat, and sugar. Women of childbearing age should take a multivitamin with 0.4 mg of folic acid daily. To prevent osteoporosis, take calcium and vitamin D, exercise regularly, and avoid tobacco.						
Emotional health	Talk to your personal physician or other medical professional to get help if you're depressed, anxious, thinking of suicide, or being threatened, abused, or hurt by someone.						
Exercise	Be physically active for 30 to 60 minutes on most days. Walk the dog, dance, and take the stairs—it all counts!						
Injury prevention	Wear your seat belt every time and buckle up children. Don't keep loaded firearms in the house. Wear a helmet when you are on a bike, motorcycle, skateboard, or skates.						
Midlife choices (for women)	Starting at age 45, talk to your personal physician about options for managing menopausal symptoms and preventing serious medical conditions later in life.						
Sexual practices	Practice safer sex by using condoms to avoid sexually transmitted diseases. Some medications and chemicals in the home or in the workplace can be harmful if you or your partner become pregnant. Plan all pregnancies to reduce risk. Talk to your medical professional about effective birth control (including emergency contraception) if you do not want to become pregnant now.						
Skin protection	Always protect your skin from the sun when outdoors. Wear a hat and sunscreen to reduce your risk of skin cancer.						
Smoking	Don't smoke or use tobacco. If you do, we can help you quit. Don't allow anyone to smoke around you or your child.						

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Find more tools online:

- **Get exactly what you want.** Try these shortcuts to learn about the services we offer on the issues you care about, like nutrition (kp.org/nutrition), fitness (kp.org/fitness), quitting smoking (kp.org/quitsmoking), weight management (kp.org/weight), and emotional health (kp.org/mindbody). Find all of these and more in the Featured Health Topics at kp.org/healthyliving.
- **Choose your primary care physician.** Go online to kp.org/mydoctor.
- **Listen and learn.** Listen to Healthy Living To Go Podcasts from Kaiser Permanente by logging on to your physician’s home page at kp.org/mydoctor or go to kp.org/listen/ncal.
- **Save yourself some time.** Schedule routine appointments, request prescription refills, and e-mail your doctor at members.kp.org.

More tips on prevention and self-care that you can trust:

- **Kaiser Permanente Healthwise® Handbook**
The handbook is full of self-care advice. To request a free copy go to “Your Plan” on members.kp.org to download an order form.
- **Kaiser Permanente Healthphone**
Listen to one of more than 200 recorded health messages in English or Spanish. Call 1-800-332-7563 or 1-800-777-9059 (TTY for the hearing/ speech impaired). Download a directory of health topics online at members.kp.org. Search for “Kaiser Permanente Healthphone.”

RECOMMENDED SCREENINGS AND IMMUNIZATIONS							
AGE	18+	30	40	50	60	70	80+
Breast cancer (for women)	Have a mammogram every 1 to 2 years.						
Cervical cancer (for women)	Have a Pap test every 1 to 3 years starting at age 21, or earlier if sexually active. Beginning at age 30, have a Pap and HPV test every 3 years up to age 65.						
Cholesterol	Get tested every 5 years.						
Colorectal cancer				Have a flexible sigmoidoscopy every 10 years and/or a fecal occult blood test every 1 to 2 years.			
Diabetes	Get tested every 5 years.						
HIV and other STDs	Get tested for HIV and other STDs if you have had unprotected sex, are pregnant, or have any other reason to think you may be at risk. Have a yearly chlamydia test if you’re sexually active and between ages 14 and 25.						
Hypertension	Have your blood pressure checked every 1 to 2 years. Your goal is less than 120/80 .						
Immunizations	Get an annual flu shot starting at age 50. Get a tetanus diphtheria booster shot every 10 years. Get a pneumonia shot once after age 65.						
Osteoporosis						Talk to your physician about having a bone mineral density (BMD) test at age 65.	
Overweight and obesity	Have your body mass index (BMI) calculated every 1 to 2 years.						
Prostate cancer (for men)	Discuss the Prostate-Specific Antigen (PSA) test and rectal exam with your physician.						

Please note: These recommendations are for generally healthy people. If you have an ongoing health problem, special health needs or risks, or if certain conditions run in your family, your prevention plan may be different.

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