

**PREVENTION  
GUIDELINES  
FOR ADULTS**



# READY. SET. THRIVE.

Visit [kp.org/healthyliving](http://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.
- **Go for a walk.** Walk your way to better health with our 10,000 Steps® Program.\* Also, check out [everybodywalk.org](http://everybodywalk.org).
- **Search our health encyclopedia.** Stay informed with more than 40,000 searchable pages of health 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+
<b>Alcohol and drugs</b>	Don't drive after drinking or using drugs. If drinking or using drugs is causing problems for you or someone you know, we can help.						
<b>Diet and nutrition</b>	Enjoy a variety of healthy foods daily. Eat 5 or more 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. Take 1000 mg of calcium per day (1200 mg/day if over 50 years of age) and 1000 to 2000 IU of vitamin D per day.						
<b>Emotional health</b>	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.						
<b>Exercise</b>	Be physically active for a minimum of 150 minutes a week, or at least 30 minutes per day on most days of the week. Walk the dog, dance, and take the stairs—it all counts!						
<b>Injury prevention</b>	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.						
<b>Midlife choices (for women)</b>	Starting at age 45, talk to your personal physician about options for managing menopausal symptoms and preventing serious medical conditions later in life.						
<b>Sexual practices</b>	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.						
<b>Skin protection</b>	Always protect your skin from the sun when outdoors. Wear a hat and a broad-spectrum (UVA and UVB protection) sunscreen to reduce your risk of skin cancer.						
<b>Smoking</b>	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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### The doctor is always in.

Manage your health online with [kp.org/mydoctor](http://kp.org/mydoctor).

Your doctor's home page is your one-stop shop for time-saving resources. Use it 24 hours a day, 7 days a week to:

- E-mail your doctor's office with routine messages.
- View most lab results—many available on the same day.
- Refill prescriptions and have them mailed to your home.
- Request, cancel, or review routine appointments.
- Access online programs to help you prepare for surgery, manage headaches, or make healthy changes.
- Read doctor-recommended health information.
- Check which immunizations and screening tests you may need by viewing your personalized "Preventive Services" online through your doctor's home page.
- Sign up to receive online newsletters for parents, delivered to your e-mail inbox.

If you don't yet have an active password, just go to [kp.org/register](http://kp.org/register). We'll ask you a few questions to verify your identity. Once registered, you can sign on to access all the secure features of [kp.org/mydoctor](http://kp.org/mydoctor) with your unique user ID and password. If you do not already have a personal password or cannot use a previous password, call 1-866-556-7677 to request one.

### Find more tools online.

**Get exactly what you want.** Try these shortcuts to learn about the health issues you care about and the services we offer.

- emotional health – [kp.org/mindbody](http://kp.org/mindbody)
- fitness – [kp.org/fitness](http://kp.org/fitness)
- nutrition – [kp.org/nutrition](http://kp.org/nutrition)
- quitting smoking – [kp.org/quitsmoking](http://kp.org/quitsmoking)
- weight management – [kp.org/weight](http://kp.org/weight) and [kp.org/healthyweight](http://kp.org/healthyweight)

Find all of these and more in the Featured Health Topics section at [kp.org/healthyliving](http://kp.org/healthyliving).

**Listen and learn.** Listen to Healthy Living To Go<sup>sm</sup> Podcasts from Kaiser Permanente by logging on to your physician's home page at [kp.org/mydoctor](http://kp.org/mydoctor) or go to [kp.org/listen](http://kp.org/listen).

RECOMMENDED SCREENINGS AND IMMUNIZATIONS							
AGE	18+	30	40	50	60	70	80+
<b>Abdominal Aortic Aneurysm (for men)</b>						Have an abdominal ultrasound once between age 65 and 75.	
<b>Breast cancer (for women)</b>						Have a mammogram every 1 to 2 years.	
<b>Cervical cancer (for women)</b>	Have a Pap test every 3 years starting at age 21. Beginning at age 30, have a Pap and HPV test every 3 years up to age 65.						
<b>Cholesterol</b>						Cholesterol should be checked every 5 years, and more often if its level is higher than normal.	
<b>Colorectal cancer</b>						Do a fecal immunochemical test (FIT) once a year, or get a flexible sigmoidoscopy every 5 years, or get a colonoscopy every 10 years.	
<b>Diabetes</b>						For adults over 45 years of age, get tested every 5 years.	
<b>HIV and other STDs</b>	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.						
<b>Hypertension</b>	Have your blood pressure checked every 1 to 2 years. For most adults, blood pressure lower than 139/89 is the goal.						
<b>Immunizations</b>	Get a tetanus diphtheria booster shot every 10 years. All adults who come into close contact with infants younger than 12 months of age get the tetanus booster (Tdap) which includes pertussis (and diphtheria). Get a flu shot every year. Get a pneumonia shot once after age 65.						
<b>Osteoporosis</b>						Talk to your physician about having a bone mineral density (BMD) test at age 65.	
<b>Overweight and obesity</b>	Have your body mass index (BMI) calculated every 1 to 2 years.						
<b>Prostate cancer (for men)</b>						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.

\* 10,000 Steps<sup>®</sup> is a registered trademark of HealthPartners, Inc.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.