

UTAH PREVENTIVE CARE RECOMMENDATIONS

Adult- Ages 19 and Above

INTRODUCTION

Intermountain Healthcare and SelectHealth use preventive care recommendations to help providers improve preventive care services through local standardization of national recommendations, through linkages to provider resources, and by guiding the development of clinical tools for managing preventive processes.

The recommendations are a synthesis of national preventive care guidelines that have been reviewed and approved by Intermountain Medical Group Leadership, the Primary Care Guidance Council, and by the SelectHealth Quality Improvement Committee.

The recommendations cover routine care of adults and include statements regarding patient **counseling**, preventive **chemoprophylaxis**, **immunizations**, and basic **screening** exams, as well as some specific recommendations for high-risk groups. Recommendations for individuals with signs and symptoms are not included. The realities of a medical practice result in the fact that all issues cannot be covered at each visit. The specific risk factors of the individual and their environment should be considered when prioritizing which issues to address at each visit.

While preventive care is a partnership between the patient and their health care provider and their health care system, it is recognized that the patient retains the primary responsibility to choose to engage in behaviors and maintain an environment that will be conducive to their health, and to disclose lifestyle issues and habits that may affect their preventive care.