I. Annual Physical Examination: The following to be included in a complete physical examination (with systems review of heart, lungs, etc.):
- Assessment of nutritional status
- Vision screening (include fundoscopy and snellen)
- Blood pressure monitoring
- TB test annually or at physician’s discretion.

II. Family History
- Include history for diabetes, hypertension, breast cancer, ovarian cancer, etc.

III. Routine Laboratory tests
- Routine full chemistry panel (if on multiple medications)
- CBC (blood count)
- Lipid profile
- Blood glucose
- TSH and Free T4 (for Down syndrome or other concerns)
- Chlamydia and gonorrhea screening in sexually active women (and as indicated in men)
- HIV screening in all adults
- Hepatitis C screening in all adults born between 1945 and 1965, and others at high-risk for infection
- Syphilis in those at risk

IV. Cardiovascular
- EKG at discretion of physician (consider if on psychotropic medications)
- Abdominal aortic aneurysm screening by ultrasound in men ages 65-75 who have ever smoked

V. Audiological Testing/Screening
- Tri-annually or as needed

VI. Weight monitoring
- Monthly weights (for those living in group homes)
- Follow BMI chart

VII. Medication Follow-up
a. Anti-convulsant/Seizure Medications
- see neurologist at least once per year
- get blood levels to test CBC and liver function (frequency as prescribed by physician)
b. Psychotropic Medications
- see your psychiatrist routinely, at least once a year
- get blood levels (as prescribed by physician)
- review psychotropic medications by planning team annually to determine the continued need for these medication(s)

VIII. Bone Density
- Bone density starting at age 40 in both women and men if living in an institution, starting at age 45 in both women and men if community-dwelling

IX. Immunizations:
- Flu vaccine (annually)
- Hepatitis B series
- Hepatitis A series
- Pneumococcus vaccine (for those with chronic conditions and those >65 years)
- Td/Tdap (every 10 years, or every 5 years if sustained a puncture/wound, adults<65yo who never received Tdap)
- Zoster vaccine

X. Dental Examination
- Cleaning and examination every 6 months
- If procedure warrants general anesthesia then annual examinations and cleaning recommended
- Dental Hygiene counseling

XI. Preventive health counseling and screening:
- Smoking
- Underweight
- Overweight
- Alcohol Abuse
- Drug Abuse
- Domestic Violence
- Sexuality Training
- Depression Screening
XII. Special Conditions: for diagnosis of special conditions such as congestive heart failure (CHF), diabetes, etc., consumer must be seen by a specialist in this area at least on an annual basis.

XIII. Cancer Screening
   a) Colorectal Cancer
      - Screening beginning at age 50 in women and men; screen using guaiac fecal occult blood test (gFOBT) annually or colonoscopy every 10 years, or at discretion of physician
   
   b) Breast cancer
      - Biennial screening with mammogram for women ages 50-74
      - Initiate screening earlier (age 40) in women at high risk or at discretion of physician
   
   b) Cervical cancer
      - Screen all females, regardless of sexual activity, beginning at age 21; screen women ages 21-65 every 3 years with pap smear with cytology, or women >30 every 5 years with pap smear with cytology and human papilloma virus (HPV) testing
      - Screen women >65 who do not have a documented history of previous adequate screening

If you have any questions regarding the information contained in this pamphlet, please call your Service Coordinator at (909) 620-7722 or (800) 822-7504

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