

**Appendix A: Example Preventative Health Consultation Form for Females ≥ 50 years**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>My top 3 recommendations:</b>	<b>What to do now:</b>

**Notes:**

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Recommendations	Applies to me now	Applies to me in the future	Notes
<b>Vaccinations:</b> Yearly Flu Shot	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Vaccinations:</b> Other	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Cervical Cancer:</b> Screening with Pap Smear	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Colorectal Cancer:</b> Screening with Colonoscopy	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Breast Cancer:</b> Genetic Testing or Screening with Mammography	<input type="checkbox"/>	<input type="checkbox"/>	
<b>High Blood Pressure:</b> Screening and Home Monitoring	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Diabetes Type 2 and Abnormal Blood Glucose:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Depression:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Osteoporosis:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Obesity:</b> Screening and Management	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Healthy Diet and Physical Activity to Prevent Strokes and Heart Attacks:</b> Behavioral Counseling	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Healthy Diet and Physical Activity to Maintain Lack of Risk Factors:</b> Behavioral Counseling	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Tobacco Smoking Cessation:</b> Quit Smoking	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Alcohol Misuse:</b> Screening and Behavioral Counseling	<input type="checkbox"/>	<input type="checkbox"/>	
Recommendations	Applies to me	Applies to me in	Notes

	now	the future	
<b>Skin Cancer Prevention:</b> Behavioral Counseling	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Sexually Transmitted Infections:</b> Behavioral Counseling	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Gonorrhea and Chlamydia:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Syphilis:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>HIV:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Hepatitis B:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Hepatitis C Virus Infection:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Latent Tuberculosis Infection:</b> Screening	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Aspirin Use:</b> Prevent Heart Attacks and Strokes	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Statin Use:</b> Medication for Prevention of Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	

## Appendix B. Recommendation Categories for Analysis

Preventative Health Consultation (PHC) Recommendations		
Analysis Category <sup>a</sup>	United States Preventive Services Task Force (USPSTF) Recommendation <sup>22,b</sup>	Evidence Grade <sup>b</sup>
Health Behaviors	<b>Tobacco Smoking Cessation: Behavioral Interventions</b> - - Adults who are not pregnant	A
	<b>Tobacco Smoking Cessation: Behavioral Interventions</b> - - Pregnant Women	A
	<b>Alcohol Misuse: Screening and Behavioral Counseling Interventions in Primary Care</b> -- Adults	B
	<b>Healthful Diet and Physical Activity for Cardiovascular Disease Prevention: Behavioral Counseling</b> -- Adults with CVD Risk Factors	B
	<b>Healthful Diet and Physical Activity: Behavioral Counseling</b> -- Adults without obesity who do not have known cardiovascular disease risk factors	C
	<b>Sexually Transmitted Infections: Behavioral Counseling</b> -- Sexually Active Adolescents and Adults	B
	<b>Skin Cancer Prevention: Behavioral Counseling</b> -- Children, Adolescents, and Young Adults aged 10 to 24	B
	<b>Skin Cancer Prevention: Behavioral Counseling</b> -- Adults older than age 24 years with fair skin types	C
Chronic Disease Screenings	<b>High Blood Pressure: Screening and Home Monitoring</b> -- Adults	A
	<b>Depression: Screening</b> -- General adult population, including pregnant and postpartum women	B
	<b>Diabetes Mellitus (Type 2) and Abnormal Blood Glucose: Screening</b> -- Adults aged 40 to 70 years who are overweight or obese	B
	<b>Obesity: Screening for and Management</b> -- All Adults	B
	<b>Osteoporosis: Screening</b> -- Women 65+ and Younger Women at Increased Risk	B
	<b>Preeclampsia: Screening</b> -- Pregnant Women	B
Communicable Disease Screenings	<b>Asymptomatic Bacteriuria: Screening</b> -- Pregnant Women	A
	<b>HIV: Screening</b> - Adolescents and Adults, Pregnant Women	A
	<b>Syphilis: Screening</b> --Asymptomatic, nonpregnant adults and adolescents who are at increased risk for syphilis infection, Pregnant Women	A
	<b>Chlamydia and Gonorrhea: Screening</b> -- Sexually Active Women	B

	<b>Chlamydia and Gonorrhea: Screening</b> -- Sexually Active Men	I
	<b>Hepatitis B Virus: Screening</b> -- Pregnant Women	A
	<b>Hepatitis B: Screening</b> -- Nonpregnant Adolescents and Adults At High Risk	B
	<b>Hepatitis C Virus Infection: Screening</b> --Adults at High Risk and Adults born between 1945 and 1965	B
	<b>Latent Tuberculosis Infection: Screening</b> -- Asymptomatic adults at increased risk for infection	B
<b>Cancer Screenings</b>	<b>Colorectal Cancer: Screening</b> --Adults aged 50 to 75 years	A
	<b>Cervical Cancer: Screening</b> -- Women 21 to 65 (Pap Smear) or 30-65 (in combo with HPV testing)	A
	<b>Breast Cancer: Screening</b> with Mammography-- Women aged 50 to 74 years	B
	<b>BRCA-Related Cancer: Risk Assessment, Genetic Counseling, &amp; Genetic Testing</b> -- Women at Increased Risk	B
<b>Pharmacotherapy Interventions</b>	<b>Folic Acid for the Prevention of Neural Tube Defects: Preventive Medication</b> --Women who are planning or capable of pregnancy	A
	<b>Statin Use for the Primary Prevention of CVD: Preventive Medicine</b> -- Adults age 40 to 75 years with no history of CVD, 1 or more CVD risk factors, and a calculated 10-year CVD event risk of 10% or greater	B
	<b>Aspirin Use to Prevent CVD and CRC: Preventive Medication</b> --Adults aged 50 to 59 years with a $\geq 10\%$ 10-year CVD risk	B

<sup>a</sup>Analysis Category used by PHC program to categorize USPSTF recommendations.

<sup>b</sup>USPSTF Recommendations and Evidence Grade as reported on March 22, 2018.<sup>19</sup>

**Appendix C: Specific Recommendations by Category and Reported Completion Status**

Recommendation		N (% Respective to Analysis Category)			
Analysis Category	Specific Recommendation	Recommended	Completed	Incomplete	Lost to Follow Up
<b>Health Behaviors (n= 26)</b>	<b>Tobacco Smoking Cessation:</b> Behavioral Interventions -- Adults who are not pregnant	6 (23.1)	2 (7.7)	2 (7.7)	2 (7.7)
	<b>Tobacco Smoking Cessation:</b> Behavioral Interventions -- Pregnant Women	0 (0.0)	N/A	N/A	N/A
	<b>Alcohol Misuse:</b> Screening and Behavioral Counseling Interventions in Primary Care -- Adults	3 (11.5)	1 (3.8)	1 (3.8)	1 (3.8)
	<b>Healthful Diet and Physical Activity for Cardiovascular Disease Prevention:</b> Behavioral Counseling -- Adults with CVD Risk Factors	12 (46.2)	8 (30.8)	2 (7.7)	2 (7.7)
	<b>Healthful Diet and Physical Activity:</b> Behavioral Counseling -- Adults without obesity who do not have known cardiovascular disease risk factors	3 (11.5)	0 (0.0)	1 (3.8)	2 (7.7)
	<b>Sexually Transmitted Infections: Behavioral Counseling</b> -- Sexually Active Adolescents and Adults	1 (3.8)	1 (3.8)	0 (0.0)	0 (0.0)
	<b>Skin Cancer Prevention: Behavioral Counseling</b> -- Children, Adolescents, and Young Adults aged 10 to 24	0 (0.0)	N/A	N/A	N/A

	<b>Skin Cancer Prevention: Behavioral Counseling</b> – Adults older than age 24 years with fair skin types	1 (3.8)	0 (0.0)	0 (0.0)	1 (3.8)
<b>Chronic Disease Screenings (n=16)</b>	<b>High Blood Pressure: Screening</b> and Home Monitoring -- Adults	8 (50.0)	3 (18.8)	0 (0.0)	5 (31.3)
	<b>Depression: Screening</b> -- General adult population, including pregnant and postpartum women	4 (25.0)	1 (6.3)	1 (6.3)	2 (12.5)
	<b>Diabetes Mellitus (Type 2) and Abnormal Blood Glucose: Screening</b> -- Adults aged 40 to 70 years who are overweight or obese	1 (6.3)	1 (6.3)	0 (0.0)	0 (0.0)
	<b>Obesity: Screening for and Management</b> -- All Adults	1 (6.3)	0 (0.0)	0 (0.0)	1 (6.3)
	<b>Osteoporosis: Screening</b> -- Women 65+ and Younger Women at Increased Risk	2 (12.5)	1 (6.3)	1 (6.3)	0 (0.0)
	<b>Preeclampsia: Screening</b> -- Pregnant Women	0 (0.0)	N/A	N/A	N/A
<b>Vaccinations (n=16)</b>	<b>Influenza</b>	9 (56.3)	2 (12.5)	2 (12.5)	5 (31.3)
	<b>Pneumonia (PCV13 or PPSV23)</b>	2 (12.5)	1 (6.3)	1 (6.3)	0 (0.0)
	<b>Tdap</b>	5 (31.3)	1 (6.3)	1 (6.3)	3 (18.8)
<b>Communicable Disease Screenings (n=15)</b>	<b>Asymptomatic Bacteriuria: Screening</b> -- Pregnant Women	0 (0.0)	N/A	N/A	N/A
	<b>HIV: Screening</b> - Adolescents and Adults, Pregnant Women	6 (40.0)	2 (13.3)	1 (6.7)	3 (20.0)
	<b>Syphilis: Screening</b> --Asymptomatic, nonpregnant adults and adolescents who are at increased risk for syphilis infection, Pregnant Women	1 (6.7)	0 (0.0)	0 (0.0)	1 (6.7)
	<b>Chlamydia and Gonorrhea: Screening</b> -- Sexually Active Women	1 (6.7)	0 (0.0)	0 (0.0)	1 (6.7)

	<b>Chlamydia and Gonorrhea: Screening</b> – Sexually Active Men	3 (20.0)	0 (0.0)	0 (0.0)	3 (20.0)
	<b>Hepatitis B Virus: Screening</b> -- Pregnant Women	0 (0.0)	N/A	N/A	N/A
	<b>Hepatitis B: Screening</b> -- Nonpregnant Adolescents and Adults At High Risk	2 (13.3)	0 (0.0)	2 (13.3)	0 (0.0)
	<b>Hepatitis C Virus Infection: Screening</b> -- Adults at High Risk and Adults born between 1945 and 1965	0 (0.0)	N/A	N/A	N/A
	<b>Latent Tuberculosis Infection: Screening</b> -- Asymptomatic adults at increased risk for infection	2 (13.3)	0 (0.0)	2 (13.3)	0 (0.0)
<b>Cancer Screenings (n=10)</b>	<b>Colorectal Cancer: Screening</b> --Adults aged 50 to 75 years	1 (10.0)	0 (0.0)	1 (10.0)	0 (0.0)
	<b>Cervical Cancer: Screening</b> -- Women 21 to 65 (Pap Smear) or 30-65 (in combo with HPV testing)	5 (50.0)	2 (20.0)	1 (10.0)	2 (20.0)
	<b>Breast Cancer: Screening</b> with Mammography-- Women aged 50 to 74 years	4 (40.0)	1 (10.0)	0 (0.0)	3 (30.0)
	<b>BRCA-Related Cancer: Risk Assessment, Genetic Counseling, &amp; Genetic Testing</b> -- Women at Increased Risk	0 (0.0)	N/A	N/A	N/A
<b>Pharmaco-therapy Interventions (n=0)</b>	<b>Folic Acid for the Prevention of Neural Tube Defects: Preventive Medication</b> --Women who are planning or capable of pregnancy	0 (0.0)	N/A	N/A	N/A
	<b>Statin Use for the Primary Prevention of CVD: Preventive Medicine</b> -- Adults age 40 to 75 years with no history of CVD, 1 or more CVD	0 (0.0)	N/A	N/A	N/A

	risk factors, and a calculated 10-year CVD event risk of 10% or greater				
	<b>Aspirin Use to Prevent CVD and CRC: Preventive Medication</b> --Adults aged 50 to 59 years with a $\geq 10\%$ 10-year CVD risk	0 (0.0)	N/A	N/A	N/A
<b>Other (n=4)</b>	<b>Cholesterol screening – lipid panel</b>	1 (25.0)	0 (0.0)	0 (0.0)	1 (25.0)
	<b>Menstrual cycle exam and hormone monitoring</b>	1 (25.0)	0 (0.0)	0 (0.0)	1 (25.0)
	<b>Menopause patient education and assessment for medications</b>	1 (25.0)	0 (0.0)	0 (0.0)	1 (25.0)
	<b>Dental hygiene screening</b>	1 (25.0)	0 (0.0)	0 (0.0)	1 (25.0)
<b>Total (N)</b>		<b>87</b>	<b>27</b>	<b>19</b>	<b>41</b>