<table>
<thead>
<tr>
<th>Preventive Services</th>
<th>All (√)</th>
<th>At Risk</th>
<th>Screening Test/Procedure and Other Notes</th>
</tr>
</thead>
</table>
| Nutrition/exercise/obesity             |         |         | | **Hypertension/Blood Pressure** √ | Screen every 3-5 years with BP <130/85 mm Hg w/ no other risks  
**Dyslipidemia Screening** √ |  
Bright Futures screen once between 17-21 years of age  
**Obesity/BMI†** √ | [Weight (lb.)/Height (in)] x 703  
**Healthy diet** + | Intensive behavioral dietary counseling  
**Substance Use** |         |         | | **Alcohol (screening and counseling)†** √ | NIAAA Screening, AUDIT, Bright Futures  
**Tobacco screening and counseling for non-pregnant adults** √ |  
5-A Framework (Ask, Advise, Assess, Assist, Arrange), combination pharmacotherapy and behavioral interventions  
**Tobacco screening and counseling for pregnant women** √ |  
5-A Framework (Ask, Advise, Assess, Assist, Arrange), should undergo behavioral interventions  
**Illicit Drugs (screening and counseling)** √ |  
Bright Futures* and ACOG**, USPSTF insufficient evidence  
**Mental Health/Depression** |         |         | | **Depression (screening and treatment)** √ | Screening instruments: PHQ, EPDS  
**Suicide Screening** √ |  
Bright Futures and ACOG, USPSTF insufficient evidence  
**Safety/Violence** |         |         | | **Family/partner violence†** √ | HITS; OAS/OVAT; STaT; HARK; CTQ-SF; and WAST  
**Fighting** √ |  
Bright Futures and ACOG  
**Helms** √ |  
Bright Futures and ACOG  
**Seat belts** √ |  
Bright Futures and ACOG  
**Guns** √ |  
Bright Futures and ACOG  
**Bullying** √ |  
Bright Futures only  
**Reproductive Health** |         |         | | **HIV†** √ | HIV Screening  
**STI (screening and counseling)** + | High-Intensity Counseling Interventions  
**Syphilis** + | VDRL  
**Gonorrhea (females)** + | NAATs; test if ≤24 and sexually active or if ≥25 and at increased risk  
**Chlamydia (female)** + | NAATs; test if ≤24 and sexually active or if ≥25 and at increased risk  
**Chlamydia & Gonorrhea (male)** + |  
Bright Futures only  
**Birth Control Methods** + |  
ACOG, Bright Futures  
**Pregnancy** + |  
Bright Futures  
**Folic Acid** + | Women planning/capable of pregnancy should take folic acid daily  
**Cancer Screening** |         |         | | **Testicular Cancer (self/clinician exam)** √ |  
Bright Futures for all males 18-21, USPSTF recommends against  
**BRCA-Related Cancer†** + |  
Family Hx of breast, ovarian, tubal, or peritoneal cancer  
**Infectious Diseases including CDC Immunization Recommendations** |         |         | | **Td/Tdap** √ | Td booster every 10 years  
**Human papillomavirus** √ |  
9vHPV vaccine for males and females up to age 26; 3 lifetime doses  
**Varicella (LIVE VACCINE)** √ |  
*** 2 lifetime doses at least 4 weeks apart ***See below  
**Measles, mumps, rubella** √ |  
1 or 2 lifetime doses  
**Influenza** √ |  
1 dose annually  
**Pneumococcal** + | PCV13: 1 lifetime dose | PPSV23: 1-2 lifetime doses  
**Hepatitis A** √ |  
2 or 3 lifetime doses  
**Hepatitis B** √ |  
3 lifetime doses  
**Meningococcal Quadrivalent** √ |  
2 lifetime doses  
**Serogroup B Meningococcal** + | Men B vaccine (2 or 3-dose series) to those 16-23 years old  
**Hepatitis C Screening†** + |  
Anti–HCV antibody testing, polymerase chain reaction testing | | | | Bold = US Preventive Services Task Force (USPSTF) A or B Recommendation or CDC recommendations for immunizations.  
Current evidence is insufficient to assess the balance of benefits and harms of service.  
All young adults = Young adults at risk  
For more information, please visit the official USPSTF website.  
**Bright Futures:** recommendations are for annual visits, up to age 21.  
**American Congress of Obstetricians and Gynecologists (ACOG) recommendations, up toage 26.**  
† USPSTF update in progress.  
Cite as: National Adolescent and Young Adult Health Information Center (2017). Summary of Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-25. San Francisco, CA: National Adolescent and Young Adult Health Information Center, University of California, San Francisco. Retrieved from http://nahic.ucsf.edu/resource_center/yaguidelines.