



Instructions: Ideally, print on heavy paper or card stock. Cut out the reminder card (2 print per page) and fasten to the side of a computer monitor as a reminder of the screening maneuvers.



 ASaP Alberta Screening and Prevention General Adult Population Screening Maneuvers		Age	Recommended Screening Interval
Blood Pressure		18 +	1 yr.
Weight		18 +	3 yrs.
Height		18 +	At least once
Exercise Assessment		18 +	1 yr.
Tobacco Use Assessment		18 +	1 yr.
Influenza Vaccination/Screen		18 +	1 yr.
Pap Test		<u>Women:</u> 25-69	3 yrs.
		21-24	Optional
		<21	Do <u>Not</u> Test
Plasma Lipid Profile - Non Fasting		40 - 74	5 yrs.
Cardiovascular Risk Calculation		40 - 74	5 yrs.
One of:	DIABETES SCREEN Fasting Glucose	40 +	5 yrs.
	HgbA1c		
	Diabetes Risk Calculation		
One of:	COLORECTAL CANCER SCREEN FIT	50 - 74	2 yrs.
	Sigmoidoscopy		5 yrs.
	Colonoscopy		10 yrs.
Mammography		50 - 74	2 yrs.

Adapted from the Screening Maneuvers Menu for Adults available at: www.topalbertadoctors.org/asap/

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