

# PHYSICIANS HEALTH CHOICE

## Exhibit 6.3

### Clinical Practice Guideline – Preventive Health

ASSESSMENT	RECOMMENDATION	COMMENTS
Blood Pressure	Periodic	At a minimum at annual physical examination.
Breast Cancer Screening HEDIS	Mammography for all female members age 40 and older annually	Mandated Medicare benefit.
Cervical Cancer Screening Test (PAP) <ul style="list-style-type: none"><li>Includes a clinical breast exam</li></ul>	<ul style="list-style-type: none"><li>Once every three years for all female members who are sexually active.</li><li>Once per year if high risk for cervical or vaginal cancer, or of childbearing age and have had an abnormal PAP smear in the preceding three years.</li><li>Follow up for any abnormal or unequivocal PAP smear, which may include HPV testing, and/or colonoscopy.</li></ul>	Mandated Medicare benefit. It is unsubstantiated at what age these cease to be effective.

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Chemoprevention of Breast Cancer	<ul style="list-style-type: none"> <li>• Patient’s medical history, risk assessment, and preferences, as well as ability to manage complications of therapy must be considered on an individual basis. (ACOG)</li> <li>• Discuss chemoprevention with women at high risk for breast cancer and at low risk for adverse effects of chemoprevention.</li> <li>• Clinicians should inform patients of potential benefits and harms of chemoprevention.</li> </ul>	
Chlamydia	Every one to three years for women who are sexually active	
Cholesterol	Periodic screenings for men over age 35, and for women over the age of 45	
Osteoporosis Screening	Women age 65> begin screening routinely; or at age 60 for women at increased risk for osteoporotic fractures, such as those with bone density abnormalities or increasing age.	There is insufficient evidence to recommend for or against routine screening in postmenopausal women who are not at increased risk.
Colorectal Cancer Screening: <ul style="list-style-type: none"> <li>• Fecal Occult Blood Test</li> <li>• Flexible Sigmoidoscopy</li> <li>• Colonoscopy</li> <li>• Barium Enema</li> </ul>	Colorectal Cancer Screening for all members 50 and older: <ul style="list-style-type: none"> <li>• Fecal Occult Blood Test annually</li> <li>• Flexible Sigmoidoscopy once every four years</li> <li>• Colonoscopy once every two years if you are high risk for cancer of the colon. NO age limit for colonoscopy for members at high risk for cancer of the colon.</li> <li>• Barium Enema can be substituted for a sigmoidoscopy or a colonoscopy at the discretion of the physician.</li> </ul>	Medicare benefit for services at recommended intervals.  Choice of screening procedure should be based on patient preferences, medical contraindications, patient adherence, and resources for testing and follow up.

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Hearing	At physician discretion	
Height and Weight	Periodically	
Prostate Cancer Screening	Increased risk with age, or family history. Discuss with medical professional.	
IMMUNIZATIONS	RECOMMENDATION	COMMENTS
Influenza Vaccination HEDIS	Annually	Mandated Medicare benefit. Give in late fall or winter.
Pneumococcal Vaccination HEDIS	All adults 65 and older with competent immune systems. Second dose if initial vaccination was > 5 yrs ago and < 65 yrs at time of vaccination	Mandated Medicare benefit Revaccination after 5 years at the physician discretion.
Tetanus	Booster every 10 years	
Hepatitis A vaccination	All adults at increased risk	Two doses; first dose followed by a repeat does at 6-12 months.
Hepatitis B Vaccination	For all members at high or intermediate risk for hepatitis. For example, patients with ESRD or hemophilia.	Mandated Medicare benefit. Three doses; first dose, 2 <sup>nd</sup> dose after 2 months and 3 <sup>rd</sup> dose at 4-6 months
COUNSELING	RECOMMENDATION	COMMENTS
Dental Health	<ul style="list-style-type: none"> <li>Regular dental care</li> <li>Floss, brush with fluoride toothpaste</li> </ul>	
Diet and Exercise	<ul style="list-style-type: none"> <li>Limit fat and cholesterol</li> <li>Adequate calcium intake (women)</li> <li>Regular physical activity</li> <li>Balanced diet, maintaining caloric balance</li> </ul>	
Hormone Replacement Therapy (Estrogen)	USPSTF currently reviewing the pros and cons of this therapy in light of new studies.	

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Safety and Injury Prevention	<ul style="list-style-type: none"><li>• Lap/shoulder seat belts in the car</li><li>• Bicycle helmets</li><li>• Smoke Detectors</li><li>• Hot water heater below 120 degrees F</li><li>• CPR training for household members</li><li>• Avoidance of the sun, or use of protective clothing while in the sun</li></ul>	
Sexual Behavior	<ul style="list-style-type: none"><li>• STD Prevention</li><li>• Avoid high risk behaviors</li></ul>	
Substance Abuse	<ul style="list-style-type: none"><li>• Tobacco Cessation</li><li>• Avoid alcohol/drug use while driving, swimming, boating, etc.</li></ul>	

References: CDC and USPSTF 2002 ACS 2001