

Revised ASaP+ Maneuvers Menu for Adults 2022

Maneuver	Age (Years)	Interval General Population
Blood Pressure	18+	Annual
Height	18+	At least once
Weight	18+	3 years
Influenza Vaccination	18+	Annual
Mammography*	45 -74	2 years
Colorectal Cancer Screen One of: FIT Flex Sigmoidoscopy Colonoscopy	50-74 50-74 50-74	2 years 5 years 10 years
Pap Test	25-69	3 years
Plasma Lipid Profile Non-Fasting	40-74	5 years
Cardiovascular Risk Calculation	40-74	5 years
Diabetes Screen One of: Fasting Glucose Hgb A1c Diabetes Risk Calculator	40+ 40+ 40+	5 years 5 years 5 years
ASaP+ Modifiable Factors		
Tobacco	18+	Annual
Exercise Assessment	18+	Annual
New! Alcohol	18+	Annual
New! Vegetables and Fruits	18+	Annual

*Change in 2022 from previous starting age of 50.

The age and interval of given information is suitable for the general population. Age range is inclusive of the upper and lower ages. E.g., 40-74 means the day a person turns 40 until the day before they turn 75.

The needs of individual persons will vary.

For each maneuver, the physician/provider should offer testing as appropriate. See evidence-based practice points on reverse.