

Preventive Care Tiered Screening, Medical Home

***Healthcare Screening - Healthy Lifestyles**

At UHS, we follow national healthcare guidelines in order to provide the best evidence-based recommendations to support the student community at Cal. As a leader in college health, we are especially focused on the preventive care for a Young Adult population that will help students develop and maintain a health-based lifestyle, which can support long-lasting academic, career & life success.

Medical Home: All students at Cal are assigned to a Primary Care Provider and their associated Primary Care home team, known as your Medical Home. We encourage students to partner with their Primary Care Provider and Medical Home team to help determine recommendations for screening and maintaining a healthy lifestyle at Cal. While students can always schedule an appointment with their Primary Care provider, this page and the Tang Center website have additional information that can answer questions about any healthcare screening or other interventions that are indicated. Learn more about Medical home at: uhs.berkeley.edu/medical/primary-care/medical-home

Our recommendations for healthy living for young adults in the absence of specific underlying conditions or risk factors are listed below. Specific links are included to provide additional information and context. Note that routine laboratory and other tests are usually not recommended for screening in otherwise healthy young adults.

I. We recommend the following for ALL STUDENTS:

- Wear a [seatbelt](#) when driving or a passenger in a motor vehicle.
- Wear a [helmet](#) when riding a bike, a scooter or a skateboard.
- See a [dentist](#) at least once a year.
- Have a Hepatitis C test at least once in their lifetime.
- Have blood pressure screening every 3-5 years.
- Maintain a healthy diet, get regular exercise and adequate sleep, and attend to stress management. For more information on these important preventive steps, see the Tang Center's website or schedule an appointment to speak with your Primary Care provider or healthcare team.
- We recommend that all students stay up-to-date with recommended vaccinations.

II. We recommend the following for all students who are in groups that have been identified at higher risk compared to the general population:

STI screening

If you are sexually active, we recommend periodic STI testing.

www.cdc.gov/std/prevention/screeningreccs.htm

You can self order most routine STI tests once every 6 months directly on eTang. However, if you have specific circumstances, such as symptoms concerning for an STI or an encounter that you are concerned puts you at increased risk of an STI, we encourage you to contact the Advice Nurse at the Tang Center.

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Food resources/Emergency needs

If you have concerns about food resources or emergency needs, please see our website for additional resources.

uhs.berkeley.edu/food-resources-emergency-needs

PAP/cervical cancer screening

For students who have a cervix, PAP testing along with being fully vaccinated for HPV are important steps you can take for your health.

See the [UHS Women's Health Web](#) for up-to-date recommendations.

Mammogram

Recommendations for breast cancer screening are based on factors such as age and individual risks.

See the [UHS Women's Health Web](#) for up-to-date recommendations

Bone density screening

Starting at age 65. May be younger for individuals determined to be at high risk.

Colonoscopy

Every 10 years starting at age 45 (alternative screening methods may be available).

www.cdc.gov/cancer/colorectal/basic_info/screening/

Cholesterol screening

Cholesterol screening is based on age and certain identified risk factors for heart disease. Cholesterol screening may be performed periodically and usually not annually for the general population.

Hepatitis B

One time testing for all pregnant women and all Asian-born individuals.

***When you are seen for medical appointments in the Primary Care clinic at UHS, you may be periodically screened for conditions that are particularly prioritized for a collegiate health population, including**

A screening questionnaire for anxiety and depression.

Alcohol, recreational drug or tobacco use.

Food security.

Domestic violence/Intimate Partner Violence

***For further reading, here are additional links for Preventive Health Recommendations for Young Adults:**

Summary: nahic.ucsf.edu/wp-content/uploads/2023/08/CPSG-YA.August.2023.pdf

Guidelines: nahic.ucsf.edu/wp-content/uploads/2023/08/CPSG-YA-Supplement.August.2023.pdf