

Blood pressure screening: Screening for high blood pressure starts at 18 years or older.

Diabetes screening: Screening for abnormal blood sugar in South Asians should start for adults 20+ who are overweight (BMI >23) or have other risk factors (such as family history or high blood pressure)

Cholesterol abnormalities screening: First screening of cholesterol of South Asians should be at age of 20years. For those who have diabetes or heart disease, should be done every year.

Cervical cancer screening: For women ages 21 to 65 years with exam (Pap smear) every 3 years.

Obesity screening and counseling: Should be done annually and obesity diagnosed at a body mass index of 30 kg/m² or higher

Tobacco use counseling and interventions: Doctors should ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral changes and approved medications as needed

Screening and counseling:

- **Alcohol misuse:** Adults over 18 years should be screened for alcohol misuse
- **Sexually transmitted infections counseling:** All sexually active adolescents and adults to be screened
- **Depression screening:** Doctors should screen all adults for depression.

Immunizations: Young adults should be immunized against Tetanus and receive yearly flu vaccine.