

# USPSTF: An Overview

**The U.S. Preventive Services Task Force (USPSTF or Task Force) works to improve the health of people nationwide by making evidence-based recommendations on effective ways to prevent disease and prolong life.** Through this work, the Task Force helps healthcare providers and their patients work together to make informed decisions about preventive care. The Task Force provides prevention guidance on more than 80 health conditions and diseases across the lifespan.

Task Force recommendations:

- Apply to people **without signs or symptoms** of a specific disease or condition
- Are only for preventive services offered in a **primary care setting or referable from a primary care provider**
- Address three types of preventive services: **screenings, behavioral counseling, and preventive medications**



Task Force recommendations help healthcare providers and their patients know what works and does not work to help prevent disease and prolong life.

## Recommendation Development Process

The Task Force follows a rigorous, multistep process to develop its recommendations, starting with a research plan that guides the review of existing evidence, resulting in a recommendation based on that evidence. Throughout the process, the Task Force solicits—and considers—public and expert input to improve its work. The Task Force routinely updates its existing recommendations to reflect new evidence and adds new topics to its portfolio.

## About the Task Force

Created in 1984, the Task Force is a scientifically independent, volunteer group of 16 national experts in the fields of preventive medicine and primary care, including internal medicine, pediatrics, geriatrics, behavioral health, obstetrics/gynecology, and nursing. Members have no substantial conflicts of interest that could affect the scientific integrity of the Task Force's work. Although the Affordable Care Act created a link between USPSTF recommendations and insurance coverage requirements, the Task Force makes its recommendations based solely on the scientific evidence.

Task Force recommendations help healthcare providers and their patients know what works and does not work to help prevent disease and prolong life.

To learn more about the USPSTF and its processes, please visit [www.USPreventiveServicesTaskForce.org](http://www.USPreventiveServicesTaskForce.org) and sign up for email updates.