

Preventive care guidelines

These screenings and immunizations are routinely recommended. Preventive services are based on recommendations from the Institute for Clinical Systems Improvement (ICSI), the U.S. Centers for Disease Control (CDC) and the U.S. Preventive Services Task Force (USPSTF). Talk to your doctor about what care is best for you – based on your personal and family

Child Preventive Care

Immunization	Birth	1 m	2 m	4 m	6 m	12 m	15 m	18 m	24 m	3 yrs	4-6 yrs	7-10 yrs	11-12 yrs	15-18 yrs	
Hepatitis B	◆	◆				◆									
Hepatitis A						2 shots, 6 months apart									
DTaP			◆	◆	◆		◆				◆		Tdap	verify Tdap complete	
Haemophilus Influenzae type b (Hib)			◆	◆	*	◆									
Pneumococcal (PCV13)			◆	◆	◆	◆									
Polio Virus (IPV)			◆	◆		◆					◆				
Influenza (flu)											◆ yearly				
MMR (MMRV)	Combined measles, mumps, rubella and varicella vaccine (MMRV) is preferred for children 12 months through 12 years of age instead of individual vaccines.					◆					◆				
Varicella (chickenpox)						◆					◆				
Meningococcal													◆	Booster is needed at age 16	
Human Papillomavirus (HPV - girls and boys)													◆ 2-dose series	verify HPV complete	
Rotavirus			◆	◆	*										
Screening	18 m								24 m	3 yrs	4-6 yrs	7-10 yrs	11-12 yrs	15-18 yrs	
Chlamydia screening															Yearly for all sexually active women age 24 years and younger
Weight screening											◆	Record height, weight, body mass index (BMI) and BMI percentile yearly.			

*Your child may need three or four doses of Hib and two or three doses of Rotavirus depending on the manufacturer. Talk with your doctor for more information.

Adult Preventive Care

Immunization	19-39 yrs	40-65 yrs	Over 65 yrs
Influenza (Flu)	Get a flu shot every year during flu season to lower your risk of getting the flu.		
Pneumococcal immunization	Immunization is highly recommended if you're a smoker or have a disease that weakens your immune system, like diabetes, sickle cell, heart, kidney or lung disease. Those at risk of losing immunity should be re-immunized once after 5 years.	2 vaccines given 1 year apart: PCV13 & PPSV23	
Shingles (Herpes Zoster)	2-dose series is recommended at age 50 or older.		
Screening	19-39 yrs	40-65 yrs	Over 65 yrs
Blood pressure screening (Hypertension)	Blood pressure check ages 18 and over, as determined by your doctor.		
Breast cancer screening (Mammogram)	Mammogram every 1-2 years for women age 50-75 years. For women under age 50, talk to your doctor.		
Cervical cancer screening (Pap test)	From age 21 -29, every 3 years. For ages 30-65, every 5 years if combined with HPV testing.		Stop screening at age 65-70 if adequate screening was carried out in the preceding 10 years.
Chlamydia screening	Yearly for sexually active women age 24 and younger. After age 24, talk to your doctor.		
Cholesterol (Lipid) screening	Fasting lipid screening for men ages 35 and over and women ages 45 and over.		
Colorectal cancer screening	Start screening at age 50. If you are African American, American Indian or Alaska Native, start at age 45. Repeat screening at intervals determined by type of screening test used. End screening at age 75.		
Alcohol use screening	If you use alcohol, talk to your doctor about your drinking habits and how they may affect your health.		
Aspirin use	Discuss with your doctor the benefits/risks of aspirin; men ages 45-79, women ages 55-79.		
Tobacco use screening	If you use tobacco products, talk to your doctor about options to help you quit. For staying healthy, quitting the use of any tobacco product is the best step you can take.		
Weight screening	Record height, weight and body mass index (BMI) yearly.		

Preventive services are usually covered 100 percent. This means, you may pay nothing for these services when you're seen at a clinic in your plan's network. If you have questions about your plan's preventive coverage, check your plan documents or call Member Services at the number on the back of your Member ID card for more help.