

Preventive health guidelines

2020

Take steps today for a healthier future

Your health plan pays for certain tests to find diseases early, routine wellness exams, and shots to help you and your family stay well. This is called preventive care.

These guidelines are based on state-specific requirements and tips from health experts, including:

- American Academy of Family Physicians (AAFP)
- American Academy of Pediatrics (AAP)
Bright Futures
- Advisory Committee on Immunization Practices (ACIP)
- American College of Obstetricians and Gynecologists (ACOG)
- American Cancer Society (ACS)
- Centers for Disease Control and Prevention (CDC)
- U.S. Preventive Services Task Force (USPSTF)

Your plan may not pay for all the services and treatments listed.

To learn more about what your plan covers, either:

- Check the member handbook.
- Call Member Services at the number on your member ID card.
- Visit myhealthyblue.com.

Always get personal medical advice from your doctor.

This guide does not mention every condition and treatment. Ask the doctor which exams, tests, and vaccines are right for you or your child, when to receive them, and how often.



Well-baby visits — birth to 2 years old

Infants need to be seen by a doctor at birth, at the following ages, and as the doctor suggests:

- 3-5 days old
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months

Babies who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor within 2 to 4 days after being born.

A well-baby visit may include the following:

- A full-body exam
- Vaccines
- Other tests and screenings as needed, listed below
- Talking about:
 - Newborn care, safety and development
 - Nutrition and feeding
 - Parent and family health and well-being

Screenings	When to receive them
Weight, length and head measurement	At each visit
BMI percentile*	At 24 months
Newborn metabolic, such as PKU (when the body is unable to break down protein), sickle cell (an inherited blood disorder) and thyroid screening	Birth to 2 months old (best checked at 3 to 5 days old) Bilirubin at birth (checks for liver problems)
Critical congenital heart defect (birth defects of the heart)	At birth
Development — brain, body and behavior	At each visit
Hearing	As a newborn and as the doctor suggests
Vision	At each visit
Blood pressure	Check for risks at each visit
Oral and dental health	Referral to a dentist, if needed — begin yearly dental exams starting at 12 months
	Fluoride varnish when teeth start coming in (usually around 6 to 24 months old)
	Fluoride prescription based on your drinking water (from 6 to 24 months old)
Hemoglobin or hematocrit (blood count)	Once between 9 to 12 months
Lead testing	At 12 and 24 months old.
Lipid disorder (cholesterol problems)	Check for risks at 24 months
Autism (a condition that affects social skills and the way one communicates)	At 18 and 24 months
Maternal postpartum depression (after a mother gives birth)	At 1, 2, 4 and 6 months
Tuberculosis	Check for risks as the doctor suggests

*Height and weight are used to check body mass index (BMI). Checking someone's BMI helps determine if they are a healthy weight for their height, or if they are under or over weight.

Well-child visits — 2 1/2 to 10 years old

Depending on your child's age, the doctor may talk with you about:

- How to promote healthy nutrition.
- Exercise, growth, safety and healthy habits.
- Any learning or school issues.
- Emotional and mental health.
- Family and home living issues.

During the visit, your child may receive:

- A full-body exam.
- Vaccines.
- Other tests and screenings.

Screenings	When to receive them
Height, weight, BMI percentile*	Each year
Development — brain, body and behavior	At each visit
Vision	Each year
Hearing	Each year
Oral and dental health	Referral to a dentist, if needed Dental exams each year Fluoride varnish on the teeth when the dentist suggests (between 2 1/2 to 5 years old) Fluoride prescription based on your drinking water (between 2 1/2 to 10 years old)
Lead testing	Check for risks through age 6
Hemoglobin or hematocrit (blood count)	Check for risks each year
Blood pressure	Each year starting at age 3 Check for risks before age 3
Lipid disorder (cholesterol problems)	Once between ages 9 to 11 Check for risks at all other ages
Tuberculosis	Check for risks and test as the doctor suggests

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Well-child visits — 11 to 20 years old

Depending on age, the doctor may talk about:

- **Growth and development**, such as oral health habits, body image, healthy eating, physical activity and sleep.
- **Emotional well-being**, including mood control and overall mental health.
- **Safe sex**, especially reducing risks of sexually transmitted infections and diseases (STIs and STDs) and pregnancy.
- **Substance use**, whether that be drinking alcohol or using tobacco, e-cigarettes, or prescription or illegal drugs.
- **School performance.**
- **Family and home living issues.**
- **Safety**, such as seat belt use, helmet use and sun protection.
- **Firearm safety**, if you own or are around guns.

During the visit, the doctor may give:

- A full-body exam.
- Vaccines.
- Other tests and screenings.

Screenings	When to receive them
Height, weight, BMI*	Percentile to age 18, then BMI each year
Development — mind, body and behavior	Each year
Depression	Each year starting at age 12
Blood pressure	Each year
Vision	Each year
Hearing	Each year
Oral and dental health	Each year
Oral and dental health	Fluoride prescription based on your drinking water (between ages 11 to 16)
Hemoglobin or hematocrit (blood count)	Check for risks each year
Lipid disorder (cholesterol problems)	Once between ages 9 to 11 Once between ages 17 to 21
STIs, including chlamydia	Starting at age 11, if sexually active
HIV	Screen once between ages 15 to 18
Substance use disorder and tobacco addiction	Check for risks each year starting at age 11

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Wellness visits — adult women

During your visit, the doctor may talk with you about:

- Diet and physical activity.
- Mental health, including depression.
- Oral and dental health.
- Tobacco use, or how to quit.
- Avoiding secondhand smoke.
- Drinking alcohol or using drugs.
- Skin cancer risks.
- Family planning, including:
 - Safe sex.
 - Birth control to help avoid unwanted pregnancy.
 - Spacing out pregnancies to have the best birth outcomes.
 - Checking for sexually transmitted infections and diseases (STIs and STDs), including HIV and hepatitis B (if at risk).
 - Folic acid supplements for women of childbearing age.

You may also receive vaccines and these screenings:

Screenings	When to receive them
Height, weight, BMI*	Each year or as your doctor suggests
Blood pressure	Each year or as your doctor suggests. Recheck high readings at home.
Breast exam	Every 1 to 3 years from ages 20 to 39 Each year at ages 40 and over
Mammogram** (breast X-ray)	Each year for ages 40 to 65+ Consider screening every 2 years from ages 50 to 74 For ages 21 to 29, Pap test every 3 years For ages 30 to 65, either do a Pap test every 3 years or an HPV test alone, or a combination Pap test and HPV test every 5 years
Cervical cancer	Stop testing at age 65 if the last 3 Pap tests or last 2 co-tests (Pap plus HPV) within the last 10 years were normal. If there was an abnormal Pap test within the past 20 years, talk with your doctor. From ages 50 to 75, your doctor may suggest one or more of these test options: Stool (feces) tests: <ul style="list-style-type: none"> • Fecal immunochemical test (FIT) • FIT-DNA: stool and DNA combo test • Guaiac-based fecal occult blood test (gFOBT) Visual tests: <ul style="list-style-type: none"> • Colonoscopy (using a small camera on the end of a flexible tube to look at your entire colon) • CT colonography (using a CT scanner to take images of inside the colon) • Flexible sigmoidoscopy (using a small camera on the end of a flexible tube to look at the last part of your colon, called the sigmoid colon)
Colorectal cancer (of the colon and rectum)	
Chlamydia and gonorrhea	If sexually active and age 24 or younger
Cholesterol	Statins (cholesterol medicine) may be needed for people ages 40 to 75 who have a higher risk of cardiovascular disease (such as heart disease)

Wellness visits — adult women continued

Screenings	When to receive them
Glucose (blood sugar) screening for type 2 diabetes	As your doctor suggests from ages 40 to 70, especially if overweight or obese. Individuals with high blood sugar should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity.
Hepatitis C	Screen once if born between 1945 and 1965
Osteoporosis (checks how dense your bones are)	Testing should start no later than age 65 Women in menopause should talk to their doctor about osteoporosis and have the test if at risk

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**Women should talk to their doctor and make a personal choice about the best age to start having mammograms and possibly screen every two years when older.

Pregnant women

Within the first three months of pregnancy, it's important to visit a doctor to set up a prenatal care plan. At each visit, your doctor will check your health and the health of your baby. The doctor may talk to you about:

- What to eat.
- How to be active when pregnant.
- Avoiding tobacco, drugs, alcohol and other substances.
- Breastfeeding, lactation supplies and counseling.

Testing:

Based on your past health, your doctor may want you to have these screenings:

- **Depression** screenings (done during and after pregnancy)
- **Diabetes**
- **Preeclampsia*** (high blood pressure that causes other problems during pregnancy)
- **Hematocrit/hemoglobin** (blood count)
- **Rubella immunity** (to find out which women need the rubella, aka German measles, vaccine after giving birth)
- **Rh(D) blood type and antibody testing** (checks to see if your blood type and your baby's blood type are compatible.) If Rh(D) negative, repeat test at 24 to 28 weeks.
- **Hepatitis B**
- **HIV**
- **Syphilis**
- **Urine** as your doctor suggests

Other tests and screenings:

- **Amniocentesis** (an ultrasound and testing of the fluid surrounding your baby)
- **Chorionic villus sampling** (checks for birth defects and more)
- **Ultrasound tests** (to look at the baby in the womb.) During the first three months, these are done along with blood tests to check the baby for chromosomal abnormality risk and more.

These and other tests can check the baby for health concerns. The right tests and the right times to do them depend on:

- Your age.
- Your medical history and family history.

Talk to your doctor about:

- Which tests may be best for you.
- What the tests can tell you about your baby.
- Any risks.

*If you have a high risk of preeclampsia, your doctor may recommend taking a low-dose aspirin to prevent other problems while you are pregnant.

Vaccines:

- **Flu:** If you are pregnant during flu season (October through March), your doctor may want you to have the inactivated (killed) flu shot.
- **Tdap:** Pregnant teens and adults need a Tdap vaccine during each pregnancy. It's best to receive the vaccine between weeks 27 and 36, although it may be given at any time during pregnancy.

It's best to receive most vaccines before pregnancy. Women should check with their doctor to make sure their vaccines are up to date.

You should NOT receive these vaccines while you are pregnant:

- **Measles, mumps, rubella (MMR)**
- **Varicella (chickenpox)**

Wellness visits — adult men

During your visit, the doctor may talk with you about:

- Diet and physical activity.
- Mental health, including depression.
- Oral and dental health.
- Tobacco use, or how to quit.
- Avoiding secondhand smoke.
- Drinking alcohol and using drugs.
- Skin cancer risks.
- Family planning, including:
 - Safe sex and preventing unwanted pregnancy with a partner.
 - Checking for sexually transmitted infections and diseases (STIs and STDs), including HIV and hepatitis B (if high risk).

You may also receive vaccines and these screenings:

Screenings	When to receive them
Height, weight, BMI*	Each year or as your doctor suggests
Abdominal aortic aneurysm (enlarged blood vessels in the abdomen)	Once between ages 65 to 75 if you have ever smoked
Blood pressure	Each year or as your doctor suggests. Recheck high readings at home.
Cholesterol	<p>Statins (cholesterol medicine) may be needed for people ages 40 to 75 who have a higher risk of cardiovascular disease (such as heart disease)</p> <p>From ages 50 to 75, your doctor may suggest one or more of these test options:</p> <p>Stool (feces) tests:</p> <ul style="list-style-type: none"> • Fecal immunochemical test (FIT) • FIT-DNA: stool and DNA combo test • Guaiac-based fecal occult blood test (gFOBT) <p>Visual tests:</p> <ul style="list-style-type: none"> • Colonoscopy (using a small camera on the end of a flexible tube to look at your entire colon) • CT colonography (using a CT scanner to take images of inside the colon) • Flexible sigmoidoscopy (using a small camera on the end of a flexible tube to look at the last part of your colon, called the sigmoid colon)
Colorectal cancer (of the colon and rectum)	
Glucose (blood sugar) screening for type 2 diabetes	As your doctor suggests from ages 40 to 70, especially if overweight or obese. Individuals with high blood sugar should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity.
Hepatitis C	Screen once if born between 1945 to 1965
Prostate cancer	From ages 55 to 69, talk with your doctor about the risks and benefits of prostate cancer tests

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Suggested vaccine schedule

For more information about vaccines, visit cdc.gov/vaccines.

Vaccines ↓ Ages →	Birth	1-2 months	2 months	4 months	6 months	6-18 months	12-15 months	15-18 months	19-23 months	4-6 years	11-12 years	13-18 years	19-64 years	65+ years	
Hepatitis B	✓	✓				✓									
Rotavirus (RV)			2-dose or 3-dose series												
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓					
Tetanus, diphtheria, pertussis (Td/Tdap)											Tdap		Every 10 years		
Haemophilus influenzae type b (Hib)			3-4 doses between 2 to 15 months with 1st dose at 2 months, last dose at 12 to 15 months												
Pneumococcal conjugate (PCV)			✓	✓	✓		✓								
Inactivated polio virus (IPV)			✓	✓		✓				✓					
Influenza (flu)						Suggested each year from 6 months to 65+ years; 2 doses at least 4 weeks apart are recommended for children between 6 months to 8 years old having the vaccine for the first time									
Measles, mumps, rubella (MMR)							✓			✓					
Varicella (chickenpox)							✓			✓					
Hepatitis A							2-dose series between 12 to 23 months; taken 6 to 18 months apart								
Human papillomavirus (HPV)											2-dose series				
Meningococcal											✓	Booster at age 16; MenB-FHb at ages 16 to 23			
Pneumococcal 13-valent conjugate (PCV13)														✓	
Pneumococcal polysaccharide (PPSV23)														✓	
Zoster (HZ/su) recombinant vaccine														2-dose series for ages 50+; 2 to 6 months apart	

*For more information about updated HPV vaccines, see the Centers for Disease Control and Prevention website: *Use of a 2-Dose Schedule for Human Papillomavirus Vaccination — Updated Recommendations of the Advisory Committee on Immunization Practices* (December 16, 2016): cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm.

Hepatitis A (ages 2 to 18): If you or your child has not had this vaccine before, talk to your doctor about a catch-up vaccine.

Hepatitis B: The first dose should be given within 24 hours of birth if the birth was outside of a hospital. Children may receive an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose.

Rotavirus (RV): Receive a two-dose or three-dose series (depending on the brand of vaccine used).

Tdap (children through adults): If you or your child (age 7 or older) never received this vaccine, talk to the doctor about a catch-up vaccine.

Haemophilus influenzae type b (Hib): Receive a three-dose or four-dose series (depending on the brand of vaccine used).

Pneumococcal conjugate (PCV): Children ages 14 months to 59 months who received an age-appropriate series of 7-valent PCV (PCV7) receive a single supplemental dose of 13-valent PCV (PCV13).

Influenza (flu): Visit flu.gov or cdc.gov to learn more about this vaccine. Children 6 months to 8 years having the vaccine for the first time should have two doses four weeks apart.

Measles, mumps, rubella (MMR) and varicella (chickenpox): Teens and adults should be up to date on their MMR vaccines. Chickenpox vaccines are for children who have not had chickenpox.

Human papillomavirus (HPV):* Children who are 11 to 12 years old receive two doses of the HPV vaccine at least six months apart. (The vaccine series can start at age 9.) Teens and young adults who start the series later (at ages 15 to 26) need three doses of HPV vaccine to protect against cancer-causing HPV infection. Adults ages 27 to 45 should talk to their doctor to see if an HPV vaccine is right for them.

Meningococcal: When given to healthy teens who are not high risk for meningococcal disease, two doses of MenB-FHbp should be given six months apart. This timing is very important. If a second dose is given before six months, a third dose should be given six months after the first dose. For persons at high risk for meningococcal disease and during serogroup B outbreaks, three doses of MenB-FHbp should be given. The second and third dose should be given one to two months and six months after the first dose.

Pneumococcal 13-valent conjugate (PCV13)/Pneumococcal polysaccharide (PPSV23): Adults age 65 and older and certain adults younger than 65 who are at risk should receive both a PCV13 and PPSV23. Ask your doctor what dose is best for you.

Zoster: Two doses of the Shingrix (HZ/su) vaccine, given 2 to 6 months apart, is recommended for adults 50 and older, including those who received the Zostavax (shingles) vaccine.



Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 1-844-521-6941 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su atención médica? ¿Necesita ayuda para leer lo que le enviamos o para hablar con nosotros? Llámenos al número gratuito 1-844-521-6941 (TTY 711) para conseguir esta información sin costo en otros idiomas o formatos.

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