



Preventive health exams can keep you healthy! That means you go to see your doctor annually when you are **well**.

The Health Plan covers the following examinations and services for its members. However, members should verify coverage prior to obtaining services. We encourage you to follow this guide to help you schedule visits with your primary care physician.

Advances in childhood immunization vaccines have decreased the number of overall immunizations your child may receive. This is due to the increasing number of combination vaccines now available.

Your child's doctor can best advise you on the appropriate age and the expected number of immunizations for each disease. Most immunizations start at 2 months of age.

Please be sure to make and keep your child's appointment with the doctor.

Preventive Health Guidelines for Children and Adults

Childhood Immunization and Screening Guidelines (Birth to 18 Years Old)

Childhood Screenings

Check-up Schedule:

- Newborn
- 3-5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- 3-21 years, annually

As advised by your doctor:

- Lead Screening
- Tuberculin Test
- Lipid Screening
- Chlamydia Screening
- Other sexually transmitted diseases
- HIV Screening — Ages 15-17

Childhood Immunizations (See Adult Preventive Health Guidelines for those over 18 years of age.)

Diphtheria-Tetanus-Pertussis Immunization

2 months, 4 months, 6 months, 15-18 months, 4-6 years

Hemophilus Influenza Immunization (Hib)

2 months, 4 months, 6 months, 12-15 months

Hepatitis A Immunization

12 to 23 months

Hepatitis B Immunization

Birth, 1-2 months, 6-18 months

Pneumococcal Conjugate Immunization (PCV)

2 months, 4 months, 6 months, 12-15 months

Polio Immunization (IPV)

2 months, 4 months, 6-18 months, 4-6 years

Rotavirus Immunization

2 months & 4 months; third dose may be necessary

Human Papillomavirus Immunization (HPV)

9-12 years (2 doses); If started after age 15: three doses

Meningococcal Immunization (MCV)

11-12 years, Booster at 16 years

Seasonal Influenza Immunization

Yearly

Chicken Pox Immunization

12-15 months, 4-6 years

Measles, Mumps, Rubella Immunization (MMR)

12-15 months, 4-6 years

Continued on reverse

Focus on Health & Wellness

The Health Plan is dedicated to ensuring that all our members enjoy good health. Adopting a healthy lifestyle is the best preventive medicine. Below are a few suggestions to help you enjoy the best health and quality of life possible.

- Be proactive about your health by staying on top of necessary screenings and health care visits.
- No smoking or smokeless tobacco.
- No illicit or street drugs.
- Limit alcohol (*Men two drinks a day; Women one drink a day*).
- Eat a high-fiber, low-fat, low-sodium diet. Limit red meat.
- Drink six 8-ounce glasses of water daily.
- Get 30 to 60 minutes of physical activity most days of the week.
- Weight management: Ask your doctor what your ideal body mass index (BMI) is, and then work to attain or maintain it.
- Keep your blood pressure in check. The ideal is 120 to 130/80.
- Get seven to eight hours of sleep every night.
- Wear at least 15 SPF sunblock when outside. Have your doctor check any changes in moles.
- Manage stress. Find a hobby you enjoy. Make time for your family and friends. Set realistic goals at home and work. Learn to say "No." Give yourself enough time to get things done.
- Always wear your seatbelt when driving or riding in a car. Wear a helmet when riding an ATV or bicycle.
- Change the battery in your smoke and CO2 detector every six months. Check it monthly.

Adult Preventive Screening Guidelines

(Age 19+) This schedule is a suggested timeline for routine screenings. Talk with your healthcare provider for specific personal guidance. More frequent screenings may be recommended based on your personal health history.

For Women

Chlamydia Screening

Age 24 and younger, and for older women at increased risk; Repeat screening for pregnant women in third trimester with elevated risk

HIV Screening

All pregnant women

Screening (Baseline)

Mammogram

Ages 35 to 39: at least once

Routine Mammogram

Age 40 and over: annually

Pap Smear (Cervical Cancer Screening)

Age 21 to 29: every three years

Pap Smear & Human Pappillomavirus (HPV)

Age 30 to 65: every five years

Osteoporosis Screening

60+ or younger with risk factors

For Men

Abdominal Aortic Aneurysm Screening

Age 65 to 75 who ever smoked

DRE - Digital Rectal Exam

Annually

Adults in General

Screening Guidelines

Check-up

Annually age 19+

- Alcohol screening & counseling
- Obesity screening & counseling
- Tobacco screening & counseling
- Depression screening & counseling including pregnant and postpartum women

Cholesterol Screening

Age 19 and over: at least every five years

HIV Screening

Age 18 to 65

Hepatitis C

Adults born between 1945-1965

Glucose Screening

Age 45 and over: every three years

Colorectal Cancer Screening

Age 50 to 75

- **Colonoscopy**
Age 50 and over: every 10 years
- **Colonography**
Age 50+; every five years
- **Sigmoidoscopy**
Every five years beginning at age 50
- **Digital Rectal Exam and three specimens for Fecal Occult**
Annually for age 50 and older

Adult Immunization Guidelines

Chicken Pox Immunization

Healthy adults who have not had chicken pox

HPV Immunization

Males and females ages 19 to 26; If started after age 15: three doses

Influenza Immunization

Annually

Tetanus-Diphtheria-Pertussis (Td/Tdap) Immunization

Substitute one dose of Tdap for Td booster, then boost with Td every 10 years

Hepatitis A Immunization

Hepatitis B Immunization

MMR - Measles, Mumps, and Rubella Immunization

Pneumonia Immunization

Rubella Immunization

Meningococcal Immunization

Herpes Zoster Immunization