Focus on Health & Wellness
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.
- 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 120/80.
- 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.

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. Members should verify coverage prior to obtaining services. We encourage you to use this guide to help you schedule visits with your primary care physician (PCP).

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 their doctor.

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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.

General Adult Screening Guidelines

- Lung Cancer Screening: Age 55–77 with annual low-dose CT scan
- Skin Cancer Screening Counseling: Age 6 months to 24 years
- Colorectal Cancer Screening: Age 45–75
- Cholesterol Screening: Age 45–75
- Glucose Screening: Adults born between 1945-1965
- Hepatitis C Screening: Age 15–65
- HIV Screening: At least every five years

Adult Immunization Guidelines

- Chicken Pox Immunization: Healthy adults who have not had chicken pox
- HPV Immunization: Ages 19–26, if not already vaccinated; series of two to three shots, depending on age at initiation
- Tetanus-Diphtheria-Pertussis (Tdap) Immunization: Administer to adults who previously did not receive a dose as an adult or child, followed by a booster every 10 years
- Hepatitis A Immunization: Administer to adults who have specific risk or lack of risk factor but who desire protection
- Tetanus Immunization: Per physician advisement
- Meningococcal Immunization: Per physician advisement
- Herpes Zoster Immunization: Per physician advisement
- COVID-19 Immunization: Per physician advisement

Adult Preventive Medications Therapy

- Low-Dose Aspirin: Age 50–59 for prevention of cardiovascular disease and colorectal cancer with risk factors
- Statin Therapy: Adults with history of cardiovascular disease or diabetes per physician advisement

Recommended Childhood Screenings

- Hearing Screening: Newborn, 3–5 days, 4–6, 8, 10–18 years annually
- Pap Smear: Age 21–29; every three years
- Colonoscopy: Age 45 and over
- Cologuard: Ages 40–75

Childhood Screening Guidelines (Birth to 18 Years Old)

- Diphtheria-Tetanus-Pertussis Immunization: 2, 4, 6, 15–18 months, 4–6 years
- Polio Immunization: 2, 4, 6, 15–18 months, 4–6 years
- Meningococcal Immunization: 2–4 months; third dose may be necessary with an age limit of 6 months
- Chicken Pox Immunization: 12–18 years annually

Childhood Immunization Guidelines

- Diphtheria-Tetanus-Pertussis Immunization: 2, 4, 6, 15–18 months, 4–6 years
- Hemophilus Influenza Immunization: (Hib): 2, 4, 6, 12–15 months
- Hepatitis A Immunization: 12–23 months
- Hepatitis B Immunization: Birth, 1–2 & 6–18 months
- Pneumococcal Conjugate Immunization (PCV): 2, 4, 6, 12–15 months
- Rotavirus Immunization: 2 & 4 months; third dose may be necessary with an age limit of 6 months

Behavioral Health Screenings

- Autism Spectrum Disorder Screening: 18 & 24 months
- Depression Screening: 12–18 years annually

Immunization

- Polio Immunization: 2, 4, 6, 15–18 months, 4–6 years
- Tetanus-Diphtheria-Pertussis (Tdap) Immunization: 11–12 years initiation and through age 18. Number of doses is dependent on age of initial vaccination
- Meningococcal Immunization (MCV): 11–12 years, booster at 16 years
- Rotavirus Immunization: 2 & 4 months; third dose may be necessary with an age limit of 6 months

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