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**

<table>
<thead>
<tr>
<th>Check-up Schedule:</th>
<th>As advised by your doctor:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn</td>
<td>12 months</td>
</tr>
<tr>
<td>3-5 days</td>
<td>16 months</td>
</tr>
<tr>
<td>1 month</td>
<td>24 months</td>
</tr>
<tr>
<td>2 months</td>
<td>30 months</td>
</tr>
<tr>
<td>4 months</td>
<td>3-21 years, annually</td>
</tr>
<tr>
<td>6 months</td>
<td></td>
</tr>
<tr>
<td>9 months</td>
<td></td>
</tr>
</tbody>
</table>

**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
- **Rotovirus 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
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

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.

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