



Preventive Health Guidelines

As of January 2008

What is your plan for better health?

Make this year your best year for overall wellness. Your health benefits plan may cover early detection screenings and routine wellness exams to help you and your family stay well. Talk with your health care provider about the preventive care services that are right for you.

The fact that a particular service or treatment is listed here is not a guarantee that it is covered under your benefit plan. Your benefit plan may, or may not, cover all preventive services described in this document. For more information on your benefits coverage, please refer to your certificate of coverage for more complete details regarding benefits, limitations and exclusions or call the customer service number listed on your ID card. Also visit www.bluecrossca.com for more information on topics from baby care to zinc.

These guidelines are a subset of a broader group of Preventive Medicine Guidelines that comprise the Blue Cross of California Medical Policy on this topic. For additional information regarding Preventive Services please visit www.bluecrossca.com/medicalpolicies/policies/mp_pw_a044125.htm.

Child screenings

WELL BABY — Birth to 2 Years

Well-baby exam: birth, 1, 2, 4, 6, 9, 12, 15, 18, and 24 months. Infants discharged less than 48 hours after delivery need a visit 2 to 4 days after birth. In addition, a visit with a pediatrician before the baby is born is recommended for first-time parents, those with high-risk pregnancies and those who want to learn about feeding, circumcision and well-baby care. During the well-baby exam you may receive advice about your child's safety, health, nutrition and development. These exams may also include immunizations and the following screenings:

- Hearing as a newborn and as your child's health care provider advises
- Weight, length and head circumference
- Hemoglobin or hematocrit: once between 9 and 12 months
- For children at risk of lead exposure, blood test at 1 and 2 years of age. Additional state or local childhood lead screening guideline regulations may apply.

WELL CHILD — Ages 3 to 10

Well-child exam: at age 30 months and then once a year for children ages 3 to 10. You may receive advice about your child's safety, injury prevention, health, nutrition and development. Well-child exams may include immunizations and the following screenings:

- Blood pressure
- Vision screening
- Hearing
- Height, weight and Body Mass Index (BMI)* percentile-for-age

*BMI: Height and weight is used to calculate BMI. BMI for children is gender and age specific and is used to assess underweight, overweight and risk for overweight. BMI for adults is used to assess whether a person is overweight and obese.

WELL CHILD — Ages 11 to 18

Well-child exam: once a year. Well-child exams may include immunizations, discussions on health and wellness issues (nutrition, physical activity, healthy weight, injury prevention, avoidance of tobacco, alcohol and drugs, sexual behavior, dental health, mental health and second hand smoke) and the following screenings:

- Blood pressure
- Vision and hearing: at ages 12, 15 and 18 or as your child's health care provider advises
- Height, weight and BMI percentile-for-age
- Chlamydia screening for sexually active females under 25



Adult screenings

ADULT — Ages 19 to 39

Well-person exam: At this exam you may receive immunizations, counseling on health and wellness issues, (nutrition including discussion of folic acid supplementation for women of child bearing age, family planning, physical activity, injury prevention, misuse of drugs and alcohol, tobacco cessation, sexual behavior, dental health, mental health) and the following screenings:

- Blood pressure
- Height, weight and BMI

Women

- Breast cancer: Self breast exam every month; clinical breast exam by your health care provider every 2 to 3 years
- Cervical cancer: Annually beginning within 3 years of sexual activity or age 21 (whichever comes first). Every 2 to 3 years for women ages 30 and older with 3 normal Pap tests in a row.
- Chlamydia: sexually active women under 25

Men

- Cholesterol: To begin no later than age 35 and older

ADULT — Ages 40 to 64

Well-person exam: At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, exercise, injury prevention, misuse of drugs and alcohol, tobacco cessation, sexual behavior, dental health, mental health) and the following screenings:

- Blood pressure
- Height, weight and BMI
- Colorectal cancer: Beginning at age 50, screening options include 1 of these 5 testing schedules:
 - Flexible sigmoidoscopy every 5 years
 - Fecal Occult Blood Test (FOBT) each year, plus flexible sigmoidoscopy every 5 years
 - Double-contrast barium enema every 5 years
 - Colonoscopy every 10 years

Women

- Breast cancer: Self breast exam every month; clinical breast exam by your health care provider and mammogram every year
- Cervical cancer: Every 2 to 3 years for women with 3 normal Pap tests in a row
- Cholesterol: To begin no later than age 45 and older

Men

- Cholesterol: To begin no later than age 35 and older
- Prostate cancer: 50 and older discuss risk and benefits of prostate cancer screening with your health care provider

ADULT — Ages 65 and older

Well-person exam: At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, physical activity, injury prevention, alcohol misuse, tobacco cessation, second hand smoke, sexual behavior, mental health) and the following screenings:

- Blood pressure
- Height, weight and BMI
- Cholesterol: Continued screening per health care provider
- Colorectal cancer: Beginning at age 50, screening options include 1 of these 5 testing schedules:
 - Flexible sigmoidoscopy every 5 years
 - Fecal Occult Blood Test (FOBT) each year, plus flexible sigmoidoscopy every 5 years
 - Double-contrast barium enema every 5 years
 - Colonoscopy every 10 years
- Hearing: as your health care provider recommends
- Vision (by Snellan chart): as your health care provider recommends

Women

- Breast cancer: Self breast exam every month; clinical breast exam by your health care provider and mammogram every year

- Cervical cancer: Every 2 to 3 years for women with 3 normal Pap tests in a row. Women 70 years of age or older who have had 3 or more normal Pap tests in a row and no abnormal Pap test results in the last 10 years may choose to stop having cervical cancer screening.
- Osteoporosis: Women at menopause should discuss the risks and benefits of screening with their health care provider. Bone density testing should begin no later than age 65. Earlier screening may be appropriate for some women.

Men

- Abdominal aortic aneurysm: One time for ages 65 to 75 who have ever smoked
- Prostate cancer: 50 and older discuss risk and benefits of prostate cancer screening with your health care provider

PREGNANT WOMEN

Pregnant women should visit their health care provider or OB/GYN in their first trimester for an initial visit and to establish a prenatal care schedule. During this visit your health care provider will check your health and the health of your baby.

Based on your medical history, your health care provider may recommend the following tests, screenings and immunizations:

Tests, education and screenings recommended for all pregnant women at their first prenatal visit:

- Hematocrit/Hemoglobin
- Syphilis
- HIV
- Rubella immunity to identify women needing rubella vaccine after giving birth
- Rh(D) blood type and antibody testing. If Rh(D) negative, repeat testing at 26 to 28 weeks.
- Hepatitis B
- Urinalysis as your health care provider advises
- Education regarding diet and activity during pregnancy
- Education and counseling regarding tobacco and other substance avoidance

Other tests and screenings:

Several tests either alone or in combination can be used to assess the fetus for abnormalities. These various tests are done at different times during the pregnancy, and the optimal test depends upon a number of factors including your age, medical history and family history. Discuss with your health care provider what information these tests provide, and the risks of different tests and which, if any, may be best for you.

- Special blood tests
- Ultrasound tests including special testing (used with blood tests during the first trimester for chromosomal abnormality risk) and routine two dimensional tests for fetal assessment
- Amniocentesis
- Chorionic Villus Sampling

Immunizations:

The only vaccine specifically recommended for pregnant women is the inactivated influenza vaccine, recommended for those women who will be pregnant during flu season (October to March). While other vaccines may be appropriate in special circumstances, it is better to get needed vaccines before becoming pregnant.

In addition, two vaccines, MMR and Varicella should NOT be given during pregnancy.

Recommended:

Inactivated influenza vaccine is allowable at any time during pregnancy, and is recommended for those who are pregnant during flu season (October to March).

Recommended Immunization Schedule

Vaccine	Age													
	Birth	1-2 mo.	2 mo.	4 mo.	6 mo.	6-18 mo.	12-15 mo.	15-18 mo.	24 mo.	4-6 yrs.	11-12 yrs.	19-49 yrs.	50-64 yrs.	65+ yrs.
Hepatitis B	✓	✓		See footnote 1		✓								
Rotavirus			✓	✓	✓									
Diphtheria-Tetanus-Pertussis (DTaP)			✓	✓	✓			✓		✓				
Tetanus-diphtheria-Pertussis (Td/Tdap)											✓ Tdap		✓ Td booster every 10 years	
Haemophilus influenzae type b (Hib)			✓	✓	✓		✓							
Pneumococcal (PCV)			✓	✓	✓		✓							
Inactivated polio virus (IPV)			✓	✓		✓				✓				
Influenza (flu)						Recommended annually from 6 to 59 months of age							Annually	
Measles, Mumps, Rubella (MMR)							✓			✓				
Varicella (chicken pox)							✓			✓				
Hepatitis A							✓ 2 dose series							
Human Papillomavirus (HPV)											✓ 3 dose series			
Meningococcal (MCV4)											✓			
Pneumococcal (PPV)														✓ one lifetime dose
Zoster													✓ one single dose for age ≥60	

1 Only if combination vaccine used after the birth dose

✓ indicates when immunizations are recommended

Meningococcal vaccine (MCV4) – If not previously vaccinated at 11-12 years of age, routine vaccination is recommended for 13-18 years of age and college freshman living in dormitories.

Tdap (adolescent) – If not previously vaccinated, those 13-18 years of age, discuss catch-up vaccination with your doctor.

Td (adults) – If not previously vaccinated with Tdap, substitute one single dose of Tdap for Td.

HPV – If not previously vaccinated, those 13-26 years of age, discuss catch-up vaccination with your doctor.

Measles, Mumps, Rubella (MMR) and Varicella – Those ages 19 and older who lack evidence of immunity (e.g., lack of documentation of vaccination or have no evidence of prior infection) should be vaccinated.

Influenza, new or updated vaccines – Refer to www.cdc.gov for updated vaccine recommendations released after January 2008.

These preventive health guidelines are based on recommendations of independent national health care organizations, including:

- AAFP: American Academy of Family Physicians
- AAP: American Academy of Pediatrics
- ACIP: Advisory Committee on Immunization Practices
- ACOG: American College of Obstetrics and Gynecology
- ACS: American Cancer Society
- CDC: Center for Disease Control and Prevention
- USPSTF: U.S. Preventive Services Task Force

These guidelines are only a general guide intended for educational purposes.

Be sure to schedule regular exams for you and your children, using these recommendations as a guide. Ask your doctor which exams, tests and immunizations are right for you, when you should receive them and how often. Factors that can place persons at risk for certain diseases, are not discussed in these guidelines. Please refer to your benefits materials for specific coverage information.

For additional information on immunizations, please visit the Centers for Disease Control and Prevention (CDC) website: www.cdc.gov