

Preventive care guidelines

These screenings and vaccinations are routinely recommended. Preventive services are based on recommendations from the Institute for Clinical Systems Improvement (ICSI), the U.S. Centers for Disease Control (CDC) and the U.S. Preventive Services Task Force (USPSTF). Talk to your doctor about what care is best for you — based on your personal and family history.

Child Preventive Services

Vaccine	Birth	1 m	2 m	4 m	6 m	12 m	15 m	18 m	24 m	3 yrs	4-6 yrs	7-10 yrs	11-12 yrs	15-18 yrs
DTaP			◆	◆	◆		◆				◆		Tdap	verify Tdap complete
Hepatitis A						◆		◆						
Hepatitis B	◆	◆					◆							
Haemophilus Influenzae type b (Hib)			◆	◆			◆							
Human Papillomavirus (HPV-females)													◆ 3-dose series	verify HPV complete
Influenza (flu)											◆ yearly			
MMR (MMRV)	Combined measles, mumps, rubella and varicella vaccine (MMRV) is preferred for children 12 months through 12 years of age instead of Individual vaccines.						◆				◆			
Varicella (chickenpox)							◆				◆			
Meningococcal													◆	Booster is needed at age 16
Pneumococcal (PCV)			◆	◆	◆		◆							
Polio Virus (IPV)			◆	◆			◆				◆			
Rotavirus			◆	◆										
Screening	0-2 yrs									3 yrs	4-6 yrs	7-10 yrs	11-12 yrs	15-18 yrs
Chlamydia screening														Yearly for all sexually active women age 25 years and younger
Weight screening											◆	Record height, weight, body mass index (BMI) and BMI percentile yearly.		

Adult Preventive Services

Services	19-39 yrs	40-65 yrs	Over 65 yrs
Blood pressure screening	Blood pressure (BP) every 2 years if less than 120/80; every year if 120-139/80-89.		
Breast cancer screening (Mammogram)	Mammogram every 1-2 years for women age 50-75 years. For women under age 50, talk to your doctor.		
Cervical cancer screening (Pap test)	Beginning at age 21, every 3 years.		Stop screening at age 65-70 if adequate screening was carried out in the preceding 10 years.
Chlamydia screening	Yearly for sexually active women age 25 and younger. For women older than 25 with a new sexual partner, talk to your doctor.		
Cholesterol (Lipid) screening	Fasting lipid screening for men over age 34 and women over age 44 every 5 years.		
Colorectal cancer screening	Start screening at age 50. If you are African American, American Indian or Alaska Native, start at age 45. Repeat screening at intervals determined by type of screening test used.		
Influenza (Flu)	Get a flu shot every year during flu season to lower your risk of getting the flu.		
Pneumococcal immunization	Immunize high-risk groups once. Those at risk of losing immunity should be re-immunized once after 5 years.		Immunize at age 65. If immunization before age 65, or you are at high risk, talk to your doctor.
Shingles (Herpes Zoster)	A 1-time dose is recommended at age 60 or older.		
Alcohol use screening	If you use alcohol, talk to your doctor about your drinking habits and how they may affect your health.		
Tobacco use screening	If you use tobacco products, talk to your doctor about options to help you quit. For staying healthy, quitting the use of any tobacco product is the best step you can take.		
Weight screening	Record height, weight and body mass index (BMI) yearly.		

Preventive services are usually covered 100 percent. So, you may pay nothing for these services when you're seen at a clinic in your plan's network. If you have questions about your plan's preventive coverage, check your plan documents or call Member Services at the number on the back of your Member ID card for more help.