

# Preventive health guidelines

## As of April 2012

### What is your plan for better health?

Make this year your best year for wellness. Your health plan may help pay for tests to find disease early and routine wellness exams to help you and your family stay well. Talk with your doctor (health care provider) about the care that is right for you.

Your plan may not pay for all services and treatments in this guide. To learn more about what your plan pays for, see your certificate of coverage or call the customer care number on your ID card. You also can check [anthem.com](http://anthem.com) to learn about health topics from child care to zinc.

The content in this guide is based in part on suggestions from these independent groups:

- **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
- **ATP III/NCEP** – Adult Treatment Panel III/National Cholesterol Education Program
- **CDC** – Centers for Disease Control and Prevention
- **USPSTF** – U.S. Preventive Services Task Force

This guide is just for you to learn from; it is not meant to take the place of medical care or advice.

Use this guide to know when to set up visits with your doctor for you and your children. Ask your doctor which exams, tests and vaccines are right for you, when you should get them and how often. How you get certain diseases is not talked about in this guide.

**Please see your plan handbook to check on your plan benefits.**



## Baby and child screenings

**Well-baby exam — birth to 2 years\*:** Infants who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor within two to four days after being born. Also, you might want to talk to a doctor before your baby is born. You might talk to the doctor if you are a first-time parent, are having a high-risk pregnancy, or want to learn about feeding, circumcision or well-baby care. At the well-baby exam you may get advice on your child's safety, health, healthy eating and development. At these exams, your baby may get vaccines and these screenings:

Screenings	Age (in months)										
	birth	1	2	4	6	9	12	15	18	24	
Weight, length and head circumference (the length around the head)	at each visit										
Development and behavior	at each visit										
Hearing	as a newborn and when your doctor suggests										
Oral/dental health					at 6	at 9	at 12		at 18	at 24	
Hemoglobin or hematocrit (blood count)						once between 9 and 12					
Lead testing (unless you are sure the child has not been around lead)							at 12			at 24	
Autism									at 18	at 24	

**Well-child exam — ages 2½ to 10 years\*:** You may get advice about how to keep your child safe, how to prevent injuries, good health, healthy eating and development. At ages 3 and 6, a referral to a dentist may be suggested. At these well-child exams, your child may get vaccines and these screenings:

Screenings	Age (in years)									
	2½	3	4	5	6	7	8	9	10	
Height, weight, body mass index (BMI)**	each year									
Development and behavior	at each visit									
Vision	each year									
Hearing	each year									
Oral/dental health	at 2½									
Blood pressure		each year starting at 3 years								

**Well-child exam — ages 11 to 18 years\*:** The doctor may talk to you about health and wellness issues. These include healthy eating, exercise, healthy weight, dental health, mental health, sexual behavior, how to prevent injuries, secondhand smoke, avoiding tobacco, alcohol and drugs. At these exams, your child may get vaccines and these screenings:

Screenings	Age (in years)							
	11	12	13	14	15	16	17	18
Height, weight, BMI**	each year							
Development and behavior	each year							
Blood pressure	each year							
Vision	each year							
Hearing	each year							
Chlamydia	for sexually active women aged 25 and younger							

\*This guide is for people with average risk. Some people may be at higher risk for health issues due to their family health history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.

\*\*Height and weight is used to find BMI. BMI for children is based on gender and age. It is used to see if a person is underweight, overweight or at risk for overweight. BMI for adults is used to see if a person is overweight or obese.

## Adult screenings — women\*

**Well-person exam:** The doctor may talk with you about health and wellness issues. These include healthy eating, exercise, dental health, mental health, sexual behavior, family planning for ages 19-39 years and folic acid for women who are of the age to get pregnant, how to prevent injuries, misuse of drugs and alcohol, secondhand smoke and how to stop using tobacco. At this visit, you may get vaccines and these screenings:

Screenings	Age (in years)										
	19	20	25	30	35	40	45	50	55	60	65 and older
Height, weight	each year or as your doctor suggests										
BMI	each year or as your doctor suggests										
Blood pressure	each year or as your doctor suggests										
Breast cancer: self-exam	each month from age 19 to 65+										
Breast cancer: doctor exam	every 1 to 3 years					each year from age 40 to 65+					
Breast cancer: mammogram	each year from age 40 to 65+										
Cervical Cancer: ages 21-29	Every two years										
Cervical cancer: ages 30-69	every 2 to 3 years for women who've had 3 normal Pap tests in a row (may include a co-test for human papillomavirus, or HPV, DNA)										
Cervical cancer: ages 70+	with 3 or more normal Pap tests in a row and no abnormal Pap tests in the last 10 years, women may stop having this screening										
Colorectal cancer	at age 50, your doctor may suggest one of these test options: 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every 5 years 3. Both #1 and #2 4. Double-contrast barium enema every 5 years 5. Colonoscopy every 10 years 6. CT colonography may take the place of a colonoscopy in some cases										
Chlamydia	sexually active women ages 25 and younger										
Cholesterol	every 5 years starting at age 20 with more screenings as your doctor suggests										
Osteoporosis	the test to check how dense your bones are should start no later than age 65; women at menopause should talk to their doctor about osteoporosis and have the test when at risk										
Hearing	when doctor suggests										

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## Pregnant women\*

Pregnant women should see their doctor or OB/GYN in their first three months for a first visit and to set up a prenatal care plan. At this visit your doctor will check your health and the health of your baby.

Based on your past health, your doctor may want you to have these tests, screenings or vaccines:

- **Diabetes during pregnancy**
- **Hematocrit/hemoglobin (blood count)**
- **Hepatitis B**
- **HIV**
- **Rubella immunity** - to find out which women need the rubella vaccine after giving birth
- **Rh(D) blood type and antibody testing** - if Rh(D) negative, repeat test at 26 to 28 weeks
- **Syphilis**
- **Urinalysis** - when your doctor wants it

The doctor may talk to you about what to eat and how to be active when pregnant as well as staying away from tobacco, drugs, alcohol and other substances. You also may discuss breastfeeding support, supplies and counseling.

*Other tests and screenings:*

Some tests given alone or with other tests can be used to check the baby for health concerns. These tests are done at certain times while you are pregnant. The best test to use and the best time to do it depends on many things. These include your age as well as your medical and family history. Talk to your doctor about what these tests can tell you about your baby, the risks of the tests and which tests may be best for you.

- **Amniocentesis**
- **Chorionic villus sampling**
- **Special blood tests**
- **Ultrasound tests** including special tests (used with blood tests during the first three months for chromosomal abnormality risk) and routine two-dimensional tests to check on the baby

*Vaccines:*

If you are pregnant in flu season (October to March) your doctor may want you to have the inactivated flu vaccine. You may need the tetanus, diphtheria, pertussis (Tdap) vaccine if you have not had it before. While other vaccines may be given in special cases, it is best to get the vaccines you need before you get pregnant. Women should always check with their doctor about their own needs.

You should NOT get these vaccines while you are pregnant:

- **Measles, mumps, rubella (MMR)**
- **Varicella**

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## Adult screenings – men\*

**Well-person exam:** The doctor may talk with you about health and wellness issues. These include healthy eating, exercise, family planning for ages 19-39, how to prevent injuries, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, sexual behavior, dental health and mental health. At this visit, you may get vaccines and these screenings:

Screenings	Age (in years)										
	19	20	25	30	35	40	45	50	55	60	65 and older
Height, weight	each year or as your doctor suggests										
BMI	each year or as your doctor suggests										
Blood pressure	each year or as your doctor suggests										
Cholesterol	every 5 years starting at age 20 with more screenings as your doctor suggests										
Colorectal cancer	at age 50, your doctor may suggest one of these test options: 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every 5 years 3. Both #1 and #2 4. Double-contrast barium enema every 5 years 5. Colonoscopy every 10 years 6. CT colonography may take the place of a colonoscopy in some cases										
Prostate cancer	if you are 50 or older, discuss with your doctor the risks and benefits of the prostate cancer tests										
Abdominal aortic aneurysm	one time for ages 65-75 for those who have ever smoked										
Hearing	when your doctor suggests										

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## Suggested vaccine schedule\*

Vaccine	Age														
	birth	1-2 months	2 months	4 months	6 months	6-18 months	12-15 months	15-18 months	19-23 months	4-6 years	11-12 years	13-18 years	19-60 years	60-64 years	65+ years
Hepatitis B	✓	✓				✓									
Rotavirus (RV)			✓ 2-dose or 3-dose series												
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓					
Tetanus, diphtheria, pertussis (Td/Tdap)											✓ Tdap			✓ Td booster every 10 years	
Haemophilus influenza type b (Hib)		✓ 3-dose or 4-dose series													
Pneumococcal conjugate (PCV)			✓	✓	✓		✓								
Inactivated polio virus (IPV)			✓	✓		✓				✓					
Influenza (flu)					✓ suggested each year from 6 months to 65+ years of age										
Measles, mumps, rubella (MMR)							✓			✓					
Varicella (chicken pox)							✓			✓					
Hepatitis A						✓ 2-dose series									
Human papillomavirus (HPV)											✓ 3-dose series				
Meningococcal											✓	✓ at 16 years of age			
Pneumococcal polysaccharide (PPSV)													✓ suggested for smokers and asthmatics		✓
Zoster															✓ 1 single dose for ages 60+

✓ Shows when vaccines are suggested

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**Hepatitis B** - You may get an extra dose (4-dose series) at 4 months if the combination vaccine is used after the birth dose.

**Rotavirus (RV)** - Get 2-dose or 3-dose series (depends on brand of vaccine used).

**Tdap (teens)** - If you are 13 to 18 years of age and have not had this vaccine before, talk to your doctor about a catch-up vaccine.

**Tdap (adults)** - If you are 19 years of age or older and have not gotten a dose of Tdap before, you should get a single dose.

**Haemophilus influenza type b (Hib)** - Get 3-dose or 4-dose series (depends on brand of vaccine used).

**Pneumococcal conjugate (PCV)** - Children 14 to 59 months who had all of the PCV vaccine series with 7-valent pneumococcal conjugate vaccine (PCV7) should get 1 more dose of 13-valent pneumococcal conjugate vaccine (PCV13) at their next visit.

**Influenza (flu)** - Refer to flu.gov or cdc.gov to learn more about this vaccine. (Note: Children 6 months to 8 years of age having the vaccine for the first time should have two doses.)

**Measles, mumps, rubella (MMR) and varicella (chicken pox)** - If you are 19 years of age or older and you have no proof you had these vaccines and you have never had these illnesses, then you should get these vaccines.

**Human papillomavirus (HPV)** - This vaccine is for girls (HPV2 or HPV4) and boys (HPV4) 11 to 12 years of age, but it may be given as early as 9 years of age. This vaccine can be given up to age 26.

**Meningococcal** - Two doses of this vaccine are given. The first dose at 11 or 12 years of age and the next dose at 16.

**Pneumococcal polysaccharide (PPSV)** - Smokers and asthmatics should get 1 dose if they've never gotten the vaccine or don't know their vaccine history. Anyone who got the vaccine before age 65 should get another dose after 65 (just wait at least 5 years in between doses).

## To learn more about your plan, please see [anthem.com](https://www.anthem.com).

To learn more about vaccines, please see the Centers for Disease Control and Prevention (CDC) website: [cdc.gov](https://www.cdc.gov).

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