

Your Preventive Care Benefits



Prevention is Worth a Shot

Routine exams and screenings can catch possible health problems early – allowing you to get treatment or make lifestyle changes before a condition becomes more serious. This brochure shows our **recommended** preventive care and immunization guidelines. For more information about your health care coverage, please see your certificate, or call the customer service number on your health plan ID card.

Preventive Health Guidelines for Children and Adolescents

	Ages 0-2	Ages 3-11	Ages 12-19
Physical exam	Height, weight, head circumference	Height, weight, blood pressure, hearing, vision	Height, weight, blood pressure, hearing, vision
Metabolic/endocrine screening	Between 12 hours and 6 days after birth		
Lead screening	At 9-12 months and 24 months for children at risk		
Obesity prevention		Healthy eating and physical activity	Healthy eating and physical activity
Developmental/behavioral assessment		Evaluate and test as appropriate	Evaluate and test as appropriate
Urinalysis		Ages 5 and 11+ years	Ages 12-19
Tuberculin test	For children at risk	For children at risk	For children at risk
Hemoglobin blood tests	At 6-12 months	Between 15 months and 5 years	For menstruating adolescents
PAP test and pelvic exam			Age 18 or earlier if sexually active
STDs (chlamydia, gonorrhea, syphilis, HIV/AIDS)			For high risk, screen and counsel about risks and prevention
Counseling and guidance (age appropriate)	<ul style="list-style-type: none"> Breastfeeding, nutrition and sleep positioning Parenting skills Violence and injury prevention Dental referral ages 1-3 	<ul style="list-style-type: none"> Violence and injury prevention Substance avoidance (tobacco, alcohol and drugs) 	<ul style="list-style-type: none"> Violence and injury prevention Substance avoidance (tobacco, alcohol and drugs) Mental health (depression)

Childhood and Adolescent Immunizations

	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years*	13-14 years	15 years	16-18 years
Hepatitis B	HepB	HepB		HepB	HepB			HepB series						
Diphtheria, tetanus, pertussis			DTaP	DTaP	DTaP		DTaP			DTaP	Tdap	Tdap		
Haemophilus influenza type b			Hib	Hib	Hib	Hib								
Inactivated poliovirus			IPV	IPV	IPV					IPV				
Measles, mumps, rubella						MMR				MMR	MMR			
Varicella						Varicella				Varicella	Varicella			
Meningococcal											MCV4		MCV4	
Pneumococcal			PCV	PCV	PCV	PCV								
Influenza					Influenza (yearly)									
Hepatitis A						HepA series			HepA series					
Human papilloma virus (HPV)											HPV	HPV		
Rotavirus			RV	RV	RV									

*Check for missed immunizations
 Range of recommended ages
 Catch-up immunizations

These guidelines can help you manage your health and aren't intended to replace your doctor's recommendations. Guidelines are based on recommendations by national organizations, including the U.S. Centers for Disease Control and Prevention, the American Academy of Pediatrics, the American Academy of Family Physicians, and the U.S. Preventive Service Task Force.

Preventive Health Guidelines for Adults

For All Adults		Ages 19-49	Ages 50-64	Ages 65+
Cholesterol (total and HDL)	Screen men 35+ and women 45+; screen earlier if at risk	•	•	
Colorectal cancer	Screen beginning at age 50		•	•
Depression	Screen for depression	•	•	•
Diabetes type 2	Screen those with hypertension or hyperlipidemia	•	•	•
Heart disease	Evaluate heart disease risk and discuss benefits/harms of aspirin	•	•	•
Hypertension	Screen for high blood pressure	•	•	•
Physical exam	Height, weight, hearing, vision	•	•	•
Obesity	Screen and counsel to promote sustained weight loss	•	•	•
STDs (gonorrhea, syphilis, HIV/AIDS)	Screen high risk individuals and counsel on risk and prevention	•	•	•
Tuberculin test	Screen high risk individuals	•	•	•
For Women				
Breast cancer (mammogram)	Every 1-2 years beginning at age 40	•	•	•
Cervical cancer (Pap test)	Annually until 2 consecutive negative tests, then every 3 years	•	•	•
Chlamydia screening	Sexually active women under age 25; at risk women after age 25	•		
Congenital rubella syndrome	Screen women of childbearing years for immunization/immunity	•		
Folic acid	Discuss taking 400 mg of folic acid to decrease risk of birth defects	•		
Osteoporosis	Maintain adequate calcium intake; screen women at risk for fractures beginning at age 60; screen routinely at ages 65+	•	•	•
Pregnancy	Prenatal care provided by a doctor is essential	•		
For Men				
Prostate Cancer Screening	Discuss risks and benefits with doctor		•	•
Abdominal aortic aneurysm	Screen men ages 65-75 who have smoked			•

Adult Immunizations

	Ages 19-49	Ages 50-64	Ages 65+
Tetanus, diphtheria pertussis (Tdap)	1 Tdap booster followed by 1 Td (Tetanus) every 10 years		1 Td booster every 10 years
Measles, mumps, rubella	1 or 2 doses	1 dose	
Varicella	2 doses (0, 4-8 weeks)	2 doses (0, 4-8 weeks)	
Influenza	1 dose annually	1 dose annually	
Pneumococcal	1-2 doses		1 dose
Hepatitis A	2 doses (0, 6-12 months, or 0, 6-18 months)		
Hepatitis B	3 doses (0, 6-12 months, 4-6 months)		
Meningococcal	1 or more doses		
Human Papiloma Virus (HPV)	Ages 19-26		
Shingles		Age 60	

Recommended if you missed earlier immunizations
 Recommended if some other risk factors are present

Preventive Care and Immunization Guidelines for Children and Adults, 2006

Blue Cross of California is committed to improving the quality and delivery of preventive services to its members and physicians and annually updates Preventive Health Care Guidelines for healthy children and adults.

These guidelines can help you manage your health and aren't intended to replace your doctor's recommendations.

Preventive services span a broad range of care for individuals of all ages. Several national organizations produce evidence-based guidelines for these services. This policy includes listings of the organizations' recommended preventive health guidelines that have been reviewed and found to be sound.

The following list of recommended preventive health guidelines detailed at the websites listed below are considered medically necessary. If there is a specific medical policy that encompasses a topic addressed in any of these referenced guidelines, the other specific medical policy will take precedence.

American Academy of Family Practice Physicians (AAFP), <http://www.aafp.org/exam.xml>

American Academy of Pediatrics (AAP), <http://www.cispimmunize.org/>

Centers for Disease Control and Prevention. <http://www.ahrp.gov/clinic/pocketgd.htm>

This information is current as of January 1, 2006, and is subject to change without notice. Please refer to the member's certificate booklet for available benefits. Group specific policy and/or state mandates will supersede this policy when applicable.

For providers: Federal and State law, as well as contract language, including definitions and specific contract provisions/exclusions, take precedence over Medical Policy and must be considered first in determining eligibility for coverage. The member's contract benefits in effect on the date that the services are rendered must be used. Medical Policy, which addresses medical efficacy, should be considered before utilizing medical opinion in adjudication. Medical technology is constantly evolving, and we reserve the right to review and update Medical Policy periodically.