

# Preventive health guidelines

## As of July 2019

### Take steps to be your healthy best

It's important for you to talk to your doctor about things you and your family need to stay well. Start with this helpful guide.

You can use it to:

- Decide when to set up doctor visits.
- Prepare yourself to ask which exams, tests and shots are right for you, when to get them and how often.

This guide is based on suggestions from the following independent groups, as well as state-specific requirements:

- American Academy of Family Physicians
- American Academy of Pediatrics
- Advisory Committee on Immunization Practices
- American College of Obstetricians and Gynecologists
- American Cancer Society
- Centers for Disease Control and Prevention
- U.S. Preventive Services Task Force

The guide is just for your information; it's not meant to take the place of medical care or advice. It doesn't cover how you get certain diseases.

To learn more about what your plan pays for, see your *Certificate of Coverage* or call the Member Services number on your ID card. You also can check **anthem.com** to learn about health topics. Use [anthem.com/preventive-care](https://www.anthem.com/preventive-care) to search for your age- and gender-specific information.

**Please see your plan materials for plan benefit details.**

# Well-baby and -child screenings

## Well-baby exam — birth to 2 years<sup>1</sup>

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. You might talk to the doctor if you're 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, dental exams and care, overall health, diet, physical activity and development. At these exams, your baby may get vaccines and the screenings listed below or others, such as tuberculin, sickle cell anemia and urine testing, if needed.

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									
Body Mass Index (BMI) percentile										At 24
Newborn metabolic (such as phenylketonuria), sickle cell and thyroid screening	At birth to 2 (ideally at 3 to 5 days); bilirubin at birth									
Critical congenital heart defect	At birth									
Development and behavior	At each visit									
Hearing	As a newborn and when your doctor suggests									
Vision	At each visit									
Oral/dental health							Dental exams at each visit, starting at age 1, if needed. <sup>2</sup> Establish a dental home (ongoing relationship with the dentist that includes all aspects of oral care) starting at 12 to 24 months.			
Hemoglobin or hematocrit (blood count)						Once between 9 and 12				
Lead testing (unless you're sure the child has not been around lead)							At 12			At 24
Autism									At 18	At 24
Maternal postpartum depression (for new mom)		At 1	At 2	At 4	At 6					

## Well-child exam — ages 2<sup>1/2</sup> to 10 years<sup>1</sup>

You may get advice about how to keep your child safe, how to prevent injuries, counseling to reduce the risks of getting skin cancer, good health, diet, physical activity and development. Yearly dental referrals start as early as ages 12 to 24 months, if needed. At well-child exams, your child may get vaccines and the screenings listed below or others, such as tuberculin and urine testing, if needed.

Screenings	Age (in years)								
	2 <sup>1/2</sup>	3	4	5	6	7	8	9	10
Height, weight, body mass index (BMI percentile) <sup>3</sup>	Each year								
Development and behavior	At each visit								
Vision	Each year								
Hearing	Each year								
Oral/dental health	Each year; fluoride varnish and fluoride prescription								
Hemoglobin or hematocrit (blood count)		As your doctor suggests							
Blood pressure		Each year starting at 3							
Lipid disorder								Once between 9 and 11	

## Well-child to young adult exam — ages 11 to 20 years<sup>1</sup>

The doctor may talk to you and/or your child about:

- Health and wellness issues, like diet, physical activity, injury prevention, healthy weight, vision and dental health.
- Cancer risks (such as family history) and steps to reduce those risks, like regular doctor appointments, finding shade at peak sun times, applying and re-applying sunscreen, and wearing protective clothing, hats and glasses, as well as avoiding secondhand smoke, tobacco, alcohol and drugs.
- Mental health and screening for depression.
- Risky sexual behavior, sexually transmitted infections and domestic partner violence.

At these exams, your child may get vaccines and the screenings listed below or others, such as tuberculin and urine testing, if needed.

Screenings	Age (in years)									
	11	12	13	14	15	16	17	18	19	20
Height, weight, body mass index (BMI) <sup>3</sup>	Each year									
Development and behavior	Each year									
Depression		Each year								
Blood pressure	Each year									
Vision	Each year									
Hearing	Each year									
Oral/dental health	Each year; fluoride varnish and fluoride prescription each year through 16									
Hemoglobin or hematocrit (blood count)	As your doctor suggests									
Gonorrhea and chlamydia	For sexually active women ages 24 and younger									
Human immunodeficiency virus (HIV)					Once between 15 and 18					
Lipid disorder							Once between 17 and 21			
Urine (as your doctor suggests) and sexually transmitted infections	For sexually active teens beginning at age 11									

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- 2 Get fluoride varnish on your teeth when your doctor suggests. Your doctor may also give you a fluoride prescription, depending on your drinking water.
- 3 Height and weight is used to find BMI. BMI is used to see if a person has the right weight for height, or is under or overweight for height. The BMI percentile is used in children and young adults under 18. BMI percentile also uses age and gender to see if a person is under or overweight.

# Adult screenings – women<sup>1</sup>

## Wellness exam

Set up a physical each year to make sure you're at your healthy best. At these exams, your doctor might talk with you about health and wellness issues. These may include diet and physical activity, family planning and folic acid for women who are of the age to get pregnant, sexual behavior and screening for sexually transmitted infections, including HIV and hepatitis B (if high risk), as well as intimate partner violence. Issues may also include how to prevent injuries, counseling to reduce the risks of getting skin cancer, special risks you might have for cancer (such as family history) and steps you can take to reduce those risks, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, dental health and mental health, including screening for depression. At this visit, you may get vaccines and the screenings listed below:

Screenings	19 to 21	21 to 29	30	35
Height, weight	Each year or as your doctor suggests			
Body mass index (BMI)	Each year or as your doctor suggests			
Blood pressure	Each year or as your doctor suggests; high measurements should be confirmed in the home setting			
Breast cancer: doctor exam	Every one to three years from ages 19 to 39			
Breast cancer: mammogram				
Cervical cancer: ages 21 to 29		Every three years		
Cervical cancer: ages 30 to 65			Should have a Pap test every three years or HPV testing	
Cervical cancer: ages 65+				
Colorectal cancer				
Gonorrhea and chlamydia	Sexually active women ages 24 and younger			
Cholesterol				
Contraceptive methods and counseling <sup>3</sup>	Each year or as your doctor suggests			
Glucose screening for type 2 diabetes				
Osteoporosis				
Hepatitis C				

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2 Women should talk to their doctor and make a personal choice regarding the optimal age at which to begin screening. Women aged 50 to 74 may have the option to screen every two years.

3 For sexually active females, to better avoid unwanted pregnancies and space pregnancies to promote optimal birth outcomes.

Age (in years)

40	45	50	55	60	65 and older
Each year from ages 40 to 65+					
Each year from ages 40 to 65+ <sup>2</sup>					
alone or in combination with Pap test (co-testing) every five years.					
					Stop screening at age 65 if last three Pap tests or last two co-tests (Pap plus HPV) within the previous 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screening with your doctor.
		At age 50 and continuing until 75, your doctor may suggest any one of these test options: 1. Fecal immunochemical test (FIT) 2. Guaiac-based fecal occult blood test (gFOBT) 3. Colonoscopy 4. CT colonography 5. Flexible sigmoidoscopy 6. Multi-targeted stool DNA test (FIT-DNA)			
Statin use may be recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease.					
As your doctor suggests, from ages 40 to 70, if you're overweight or obese, or if you have high glucose, you should talk to your doctor about intensive counseling interventions to promote a healthy diet and physical activity.					
		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.			
		Screen once if born between 1945 and 1965.			

# Pregnant women

Pregnant women should see their doctor or OB/GYN in their first three months of pregnancy 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:

- **Depression** — screening during and after pregnancy
- **Diabetes** during pregnancy
- **Hematocrit/hemoglobin** (blood count)
- **Hepatitis B**
- **HIV**
- **Preeclampsia (blood pressure)** — during pregnancy
- **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 24 to 28 weeks
- **Syphilis**
- **Urinalysis** — when your doctor suggests 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. Your doctor will follow up during pregnancy and after birth to support breastfeeding, access to lactation 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're 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 right 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

*Medications:*

If you're at high risk for a condition called preeclampsia, your doctor may recommend the use of low-dose aspirin as preventive medication.

*Vaccines:*

If you're pregnant during the flu season (October to March), your doctor may want you to have the inactivated flu vaccine. Pregnant adolescents and adults should be vaccinated with Tdap vaccine with each pregnancy. Tdap should be administered between 27 and 36 weeks gestation, although it may be given at any time during pregnancy. Currently, available data suggests that vaccinating earlier in the 27- through 36-week window will maximize passive antibody transfer to the infant for the most benefit. While other vaccines may be given in special cases, it's 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're pregnant:

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

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**Please note:** Coverage of these services varies by health plan.



# Adult screenings – men

## Wellness exam

The doctor might talk with you about health and wellness issues. These may include diet and physical activity, family planning, how to prevent injuries, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, sexual behavior and screening for sexually transmitted infections, including HIV and hepatitis B (if high risk), counseling to reduce the risks of getting skin cancer, special risks you might have for cancer (such as family history) and steps you can take to manage those risks, dental health and mental health, including screening for depression. At this visit, you may get vaccines and the screenings listed below:

Screenings	Age (in years)					
	19	20	25	30	35	
Height, weight	Each year or as your doctor suggests					
Body mass index (BMI)	Each year or as your doctor suggests					
Blood pressure	Each year or as your doctor suggests; high measurements should be confirmed in the home setting					
Cholesterol						Statin use may be
Colorectal cancer						
Glucose screening for type 2 diabetes						
Prostate cancer						
Abdominal aortic aneurysm						
Hepatitis C						

40	45	50	55	60	65 and older
recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease.					
		<p>At age 50 and continuing until 75, your doctor may suggest any one of these test options:</p> <ol style="list-style-type: none"> <li>1. Fecal immunochemical test (FIT)</li> <li>2. Guaiac-based fecal occult blood test (gFOBT)</li> <li>3. Colonoscopy</li> <li>4. CT colonography</li> <li>5. Flexible sigmoidoscopy</li> <li>6. Multi-targeted stool DNA test (FIT-DNA)</li> </ol>			
As your doctor suggests, from ages 40 to 70, if you're overweight or obese. If you have high glucose, you should talk to your doctor about intensive counseling interventions to promote a healthy diet and physical activity.					
		If you're ages 55 to 69, discuss the risks and benefits of prostate cancer tests with your doctor.			
					Screen once for ages 65 to 75 if you've ever smoked.
		Screen once if born between 1945 and 1965.			

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# Suggested vaccine schedule

For additional information about vaccinations, refer to [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

Vaccine	Age								
	Birth	1 to 2 months	2 months	4 months	6 months	6 to 18 months	12 to 15 months	15 to 18 months	
Hepatitis B	✓	✓		✓		✓			
Rotavirus (RV)			✓ Two-dose or three-dose series						
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓	
Tetanus, diphtheria, pertussis (Td/Tdap)									
Haemophilus influenza type b (Hib)			✓ Three- or four-dose series – first dose at 2 months – last dose at 12-15 months						
Pneumococcal conjugate (PCV)			✓	✓	✓		✓		
Inactivated polio virus (IPV)			✓	✓		✓			
Influenza (flu)					✓ Suggested each year from 6 months to 65+ between 6 months and 8 years who are				
Measles, mumps, rubella (MMR)							✓		
Varicella (chickenpox)							✓		
Hepatitis A							✓ Two-dose series at least 18 months apart		
Human papillomavirus (HPV)									
Meningococcal									
Pneumococcal 13-valent conjugate (PCV13)									
Pneumococcal polysaccharide (PPSV23)									
Zoster									

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19 to 23 months	4 to 6 years	11 to 12 years	13 to 18 years	19 to 60 years	60 to 64 years	65+ years
	✓					
		✓ Tdap		✓ Td booster every 10 years		
	✓					
years of age; two doses at least four weeks apart are recommended for children getting the vaccine for the first time						
	✓					
	✓					
		✓ Two-dose series				
		✓	✓ Ages 16-23			
						✓
						✓
					✓ Two-dose series for age 50+	

✓ Shows when vaccines are suggested

**Hepatitis B** — The first dose should be administered within 24 hours of birth to address births outside the hospital. You may get an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose. If you're 18 or older, you should get a screening if you're at high risk for infection.

**Rotavirus (RV)** — Get a two-dose or three-dose series (depends on brand of vaccine used).

**Tdap (teens)** — If you're 13 to 18 years of age and haven't had this vaccine before, talk to your doctor about a catch-up vaccine.

**Tdap (adults)** — If you're 19 years of age or older and haven't gotten a dose of Tdap before, you should get a single dose.

**Haemophilus influenzae type b (Hib)** — Get a three-dose or four-dose series (depends on brand of vaccine used).

**Pneumococcal conjugate (PCV)** — Children aged 14 months through 59 months who have received an age-appropriate series of 7-valent PCV (PCV7), should get a single supplemental dose of 13-valent PCV (PCV13) administered.

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

**Measles, mumps, rubella (MMR) and varicella (chickenpox)** — All adults born after 1957 should have records of one or more doses of MMR vaccine, unless they have a medical contraindication to the vaccine or laboratory evidence of immunity to each of the three diseases.

**Human papillomavirus (HPV)** — Two doses of the HPV vaccine should be given to 11- to 12- year-olds at least six months apart. Teens and young adults who start the series later, at ages 15 through 26, will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infection. The vaccination series can start at age 9.

**Meningococcal** — When given to healthy adolescents who aren't at increased risk for meningococcal disease, two doses of MenB-FHbp should be administered at zero and six months. If the second dose is given at an interval of six months, a third dose should be given at least six months after the first dose. For persons at increased risk for meningococcal disease and during serogroup B outbreaks, three doses of MenB-FHbp should be administered at zero, one to two, and six months.

**Pneumococcal polysaccharide (PPSV23)** — Adults 65 years and older and certain adults younger than 65 who are considered at risk should receive both a PCV13 and PPSV23. Ask your doctor about the dosing recommendation that's right for you.

**Pneumococcal 13-valent conjugate (PCV13)** — If you haven't gotten PPSV23, you should get PCV13 first, followed by PPSV23 six to 12 months later. If you have gotten PPSV23, get PCV13 12 or more months later. If you're not sure of your vaccine history, you should get PCV13 before PPSV23.

**Zoster** — For adults 50 years and older, two doses of the Shingrix (HZ/su) vaccine, given two to six months apart, are recommended. This includes individuals who previously received the Zostavax shingles recombinant vaccine.

## Learn more about your plan, at [anthem.com](https://www.anthem.com).

To get more information on health and wellness topics,  
check out our blog at [anthem.com/blog/](https://www.anthem.com/blog/).