# Preventive care can help you stay healthy

## No matter your age or gender, there are preventive care services for you.

Preventive care may help you, and those you love, discover a health issue before it becomes a serious problem. Taking steps like following the recommended guidelines and listening to your doctor may help you, and your family, stay healthy. The following guidelines are for children and adults.

Under the Affordable Care Act (ACA)[1], you can get certain preventive health care services, covered at 100%, without any cost to you. Just obtain your preventive care from a health plan network provider. Diagnostic (non-preventive) services are also covered, but you may have to pay a co-payment, co-insurance or deductible. Check your plan documents to make sure.

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# Preventive Care Guidelines for Children

Preventive checkups for children include screening, counseling and immunizations.

You can help your child's healthy growth and development by scheduling regular checkups with your family doctor for the preventive care services right for your child's age. Tell the doctor about illnesses or medical conditions your child may have, and any medicines your child takes.
The doctor will likely:

- Ask you questions about your child's growth and development
- Give your child a complete physical examination
- Make sure your child has up-to-date immunizations
- Give you advice to help your child stay safe and healthy

Help protect your child from serious illness and maintain your child's health with regular preventive care visits with a network doctor.

## Recommended services for children will vary based on age and will include some of the following:

- Age-appropriate well-child examination
- Measurement of your child's head size
- Measurement of length/height and weight
- Metabolic screening panel for newborns - age 0-90 days old
- Screening blood tests, if appropriate
- Age-appropriate immunizations
- Vision screening for children less than age 6
- Oral health risk assessment
- Fluoride application for ages 0-6 years, under certain circumstances
- Hearing screening
- Autism screening at 18 months and 24 months. May be done earlier or more frequently for young children at defined risk.
- Counseling on the harmful effects of smoking and illicit use of drugs (for older children and adolescents)
- Counseling for children and their parents on promoting a healthy diet and exercise
- Screening certain children at high risk for high cholesterol, sexually transmitted diseases, lead poisoning, tuberculosis and more
- Screening for depression
- Evaluating the need for iron supplements

Not all children require all of the services identified above. Your doctor should give you information about your child's growth, development and general health, and answer any questions you may have.

Source: www.archive.ahrq.gov/clinic/prevenix.htm

Source: www.allkids.com/customers/checkups.html

Development, psychosocial, and chronic disease issues for children and adolescents may require frequent counseling and treatment visits separate from preventive care visits. These guidelines represent a consensus by the American Academy of Pediatrics (AAP) and Bright Futures. The recommendations in this statement do not indicate an exclusive course of treatment or standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Discuss with your doctor how these guidelines may be right for your child, and always consult your doctor before making any decisions about medical care.

These clinical guidelines are provided for informational purposes only, and do not constitute medical advice.

Preventive Care benefits may not apply to certain services listed above. Always refer to your plan documents for your specific coverage.

# Immunizations for newborns to 6-year-olds

Immunizations can help protect your child against many childhood diseases. The following immunization schedule provided by the Centers for Disease Control and Prevention (CDC) will provide you with the guideline recommendations for children newborn to 6 years.

## Recommended immunization schedule for newborns to 6-year olds.

### United States • 2016

| Vaccine | Newborn | 1 Month | 2 Months | 4 Months | 6 Months | 9 Months | 12 Months | 15 Months | 18 Months | 19-23 Months | 2-3 Years | 4-6 Years |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hepatitis B | HepB | HepB | | | HepB | | | | | | | |
| Rotavirus | | | RV | RV | RV | | | | | | | |
| Diphtheria, tetanus, pertussis | | | DTaP | DTaP | DTaP | | | DTaP | | | | DTaP |
| Haemophilus influenzae type b | | | Hib | Hib | Hib | | Hib | | | | | |
| Pneumococcal | | | PCV | PCV | PCV | | PCV | | | | | |
| Inactivated poliovirus | | | IPV | IPV | IPV | | | | | | | IPV |
| Influenza | | | | | Influenza (yearly)[1] | | | | | | | |
| Measles, mumps, rubella | | | | | | | MMR | | | | | MMR |
| Varicella | | | | | | | Varicella | | | | | Varicella |
| Hepatitis A | | | | | | | HepA[2] | | | | | |

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| | Shaded boxes indicate that vaccine can be given in the shown age range. |

## www.cdc.gov/vaccines

**Note: If your child misses a shot, talk with your child's doctor for his/her direction and to answer any questions about vaccines.**

[1] Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

[2] Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him/her at risk for infection or is traveling outside of the United States, talk to your child's doctor about additional vaccines that he/she may need.

SOURCE: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 0 through 6 years — United States, 2015, at: **www.cdc.gov/vaccines/pubs/ACIP-list.htm**

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# Immunizations for children between 7 and 18 years old

## Recommended immunization schedule for children between 7 and 18 years old

**United States • 2016**

| Vaccine | 7–10 years | 11–12 years | 13–18 years | |
|---|---|---|---|---|
| Tetanus, diphtheria, pertussis[1] | Tdap[1] | Tetanus, diphtheria, pertussis (Tdap) vaccine | Tdap | |
| Human papillomavirus[2] | | Human papillomavirus (HPV) vaccine (3 doses)[2] | HPV | |
| Meningococcal[3] | MCV4 | Meningococcal conjugate vaccine (MCV4) dose 1[3] | MCV4 dose 1[3] | Booster at 16 years old |
| Influenza[4] | Influenza (yearly)[4] | | | |
| Pneumococcal[5] | Pneumococcal vaccine[5] | | | |
| Hepatitis A[6] | Hepatitis A (HepA) vaccine series[6] | | | |
| Hepatitis B | Hepatitis B (HepB) vaccine series | | | |
| Inactivated poliovirus | Inactivated poliovirus vaccine (IPV) series | | | |
| Measles, mumps, rubella | Measles, mumps, rubella (MMR) vaccine series | | | |
| Varicella | Varicella vaccine series | | | |

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| | These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine. | | These shaded boxes indicate the vaccine should be given if a child is catching up on missed vaccines. | | These shaded boxes indicate the vaccine is recommended for children with certain health conditions that put them at high risk for serious diseases. Note that healthy children can get the HepA series[6]. See vaccine-specific recommendations at **www.cdc.gov/vaccines/pubs/ACIP-list.htm.** |

## www.cdc.gov/vaccines/teens

**Note: If your child misses a shot, talk with your child's doctor for his/her direction and to answer any questions about vaccines.**

[1] Tdap vaccine is recommended at age 11 or 12 to protect against tetanus, diphtheria and pertussis. If your child has not received any or all of the DTaP vaccine series, or if you don't know if your child has received these shots, your child needs a single dose of Tdap when they are 7 -10 years old. Talk to your child's health care provider to find out if they need additional catch-up vaccines.

[2] All 11 or 12 year olds – both girls and boys – should receive 3 doses of HPV vaccine to protect against HPV-related disease. The full HPV vaccine series should be given as recommended for best protection.

[3] Meningococcal conjugate vaccine (MCV) is recommended at age 11 or 12. A booster shot is recommended at age 16. Teens who received MCV for the first time at age 13 through 15 years will need a one-time booster dose between the ages of 16 and 18 years. If your teenager missed getting the vaccine altogether, ask their health care provider about getting it now, especially if your teenager is about to move into a college dorm or military barracks.

[4] Everyone 6 months of age and older—including preteens and teens—should get a flu vaccine every year. Children under the age of 9 years may require more than one dose. Talk to your child's health care provider to find out if they need more than one dose.

[5] Pneumococcal Conjugate Vaccine (PCV13) and Pneumococcal Polysaccharide Vaccine (PPSV23) are recommended for some children 6 through 18 years old with certain medical conditions that place them at high risk. Talk to your healthcare provider about pneumococcal vaccines and what factors may place your child at high risk for pneumococcal disease.

[6] Hepatitis A vaccination is recommended for older children with certain medical conditions that place them at high risk. HepA vaccine is licensed, safe, and effective for all children of all ages. Even if your child is not at high risk, you may decide you want your child protected against HepA. Talk to your healthcare provider about HepA vaccine and what factors may place your child at high risk for HepA.

If your child has any medical conditions that put him/her at risk for infection or is traveling outside of the United States, talk to your child's doctor about additional vaccines that he/she may need.

SOURCE: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 7 through 18 years — United States, 2015 at: **www.cdc.gov/vaccines/pubs/ACIP-list.htm**

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# Preventive Care Screening Guidelines[1] and Counseling Services for Adult Men

A preventive health visit can help you see how healthy you are now and help identify any health issues before they become more serious. You and your doctor can then work together to choose the care that is right for you. The following information provides guideline recommendations for preventive care screenings and counseling to evaluate general health and development in men over age 18.

## Recommended preventive care screenings for adult men

**Abdominal Aortic Aneurysm Screening**

Recommended screening for abdominal aortic aneurysm in men 65-75 years old who have ever smoked.

**Obesity Screening**

Recommended weight assessment at each visit.

**Blood Pressure Screening**

Recommended blood pressure assessment at each visit.

**Diabetes Screening**

Recommended screening for type 2 diabetes in asymptomatic adult men who have sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.

**Cholesterol Screening (Lipid disorders - with no prior history)**

Recommended screening for all men aged 35 and older.

**Colorectal Cancer Screening**

Recommended routine colorectal cancer screening recommended for ages 50 to 75. Speak with your physician regarding screening methods and appropriate screening intervals.

**Human Immunodeficiency Virus (HIV) Screening**

Recommended screening for human immunodeficiency virus (HIV).

**Lung Cancer Screening with Low-dose CT Scan**

Recommended for ages 55 to 80 with at least a 30 pack/year smoking history, once per year. Requires prior authorization.

**Hepatitis C Virus Infection Screening**

Recommended one-time screening for Hepatitis C Virus infection recommended for adults born between 1945 and 1965, or persons at high risk for infection.

**Hepatitis B Virus Infection Screening**

Recommended for persons at high risk.

## Recommended preventive care counseling for adult men

**Tobacco/Nicotine Use Screening and Counseling**

Recommended screening, counseling and interventions, by network primary care physician, to prevent tobacco use and tobacco-related disease. May include certain smoking cessation medications as prescribed by physician and meeting approved guidelines.

**Alcohol/Illicit Drug Use Screening and Counseling**

Recommended routine screening and counseling, by network primary care physician, to detect potential health risks associated with alcohol/Illicit drug use.

**Healthy Diet, Physical Activity, Depression and Injury and Fall Prevention**

Recommended screening and counseling by network primary care physician to assess health issues and promote healthy lifestyle behaviors.

**Sexually Transmitted Infection Screening and Counseling**

Recommended screening and counseling for those who are sexually active.

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| | Men | | Women | | Pregnant Women |

[1] These guidelines are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF), U.S. Department of Health and Human Services and the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. They are provided for informational purposes only, and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card.

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# Preventive Care Screening Guidelines[1] for Adult Women

## Recommended preventive care screenings for adult women

Preventive care may help with early detection of disease. You and your doctor can work together to evaluate your health choose the care that is right for you. The following information provides guideline recommendations for preventive care screenings and counseling to evaluate general health and development in Women over age 18.

**Well-Woman Exams**

Recommended for all women, with sufficient visits each year to obtain all required preventive care services.

**Sexually Transmitted Infections Screening**

Recommended for all sexually active women.

**Cervical Cancer Screening (Pap Smear)**

Recommended screening in women for ages 21 to 65 years.

**Human papilloma virus (HPV) DNA Testing**

Recommended for women age 30+ as directed by your physician.

**Obesity Screening**

Recommended weight assessment at each visit.

**Blood Pressure Screening**

Recommended blood pressure assessment at each visit.

**Diabetes Screening**

Recommended screening for type 2 diabetes in asymptomatic women who have sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.

**Cholesterol Screening (Lipid disorders – with no prior history)**

Recommended for women age 35 and up or age 20-34 if at increased risk for coronary heart disease.

**Colorectal Cancer Screening**

Recommended routine colorectal cancer screening for ages 50-75. Speak with your physician about screening methods and appropriate screening intervals.

**Chlamydia Infection Screening**

Recommended for sexually active women at high risk.

**Human Immunodeficiency Virus (HIV) Screening**

Recommended screening for human immunodeficiency virus (HIV).

**Lung Cancer Screening with Low-dose CT Scan**

Recommended for ages 55-80 with at least a 30 pack/year smoking history, once per year. Requires prior authorization.

**Hepatitis C Virus Infection Screening**

Recommended one-time screening for Hepatitis C Virus infection recommended for adults born between 1945 and 1965, or persons at high risk for infection.

**Hepatitis B Virus Infection Screening**

Recommended screening for persons at high risk.

**Rubella Screening**

Recommended screening by history of vaccination or serology.

**Mammography Screening for All Adult Women**

Recommended screening Mammography available for all adult women of standard risk every one to two years beginning at age 40 or as directed by your physician. Women at defined high risk should be screened earlier.

**Breast Cancer Prevention Counseling Strategies**

Recommended for women at high risk for breast cancer. Consult with your physician regarding breast cancer prevention alternatives with low risk of adverse effects.

**Osteoporosis Screening for Certain Populations**

Recommended routine screening recommended for women. Screening for post-menopausal women at defined high risk, discuss with your physician.

**Gonorrhea Infection Screening**

Recommended for pregnant women and sexually active women at high risk.

**Gestational Diabetes Screening**

Recommended screening for gestational diabetes mellitus in asymptomatic pregnant women after 24 weeks of gestation.

**Screening for Iron Deficiency Anemia, Urinary Tract Infection**

Recommended for pregnant women at first prenatal visit.

**Folic Acid – Recommended Dosage is 0.4 - 0.8mg daily**

Recommended for all women beginning at age 18 who are planning or capable of childbearing and who are 24 to 28 weeks pregnant. Also recommended at the first prenatal visit for those who are at high risk of development of gestational diabetes.

**Rh (D) Blood Typing Incompatibility Screening**

Recommended for pregnant women at first prenatal visit.

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| | Men | | Women | | Pregnant Women |

# Preventive Care Counseling for Adult Women

## Recommended preventive care counseling for adult women

### Interpersonal and Intimate Partner Domestic Violence Screening and Counseling

Recommended screening and counseling, by a network primary care physician, for all women.

### FDA-Approved Contraception Methods and Counseling

Recommended screening and counseling, by a network primary care physician, for all women. Approved female contraception and sterilization procedures with patient education and counseling.

### Breast Cancer Genetic Test Evaluation and Counseling (BRCA)

Recommended for women ages 18+ with a family history of breast or ovarian cancer. Requires prior authorization. Talk with your doctor if your family has a history of breast or ovarian cancer. (Not all women with a family history of breast cancer require this genetic test.)

### Tobacco/Nicotine Use Screening and Counseling

Recommended screening, counseling and interventions, by network primary care physician, to prevent tobacco use and tobacco-related disease. May include certain smoking cessation medications as prescribed by physician and meeting approved guidelines.

### Alcohol/Illicit Drug Use Screening and Counseling

Recommended routine screening and counseling, by network primary care physician, to detect potential health risks associated with alcohol/Illicit drug use.

### Healthy Diet, Physical Activity, Depression and Injury and Fall Protection

Recommended screening and counseling by network primary care physician to assess health issues and promote healthy lifestyle behaviors.

### Sexually Transmitted Infection Screening and Counseling

Recommended routine screening and counseling by network primary care physician, for those who are sexually active.

### Human Immunodeficiency Virus (HIV) Screening and Counseling

Recommended screening and counseling, by a network primary care physician, for women at risk.

### Breast-feeding and Post-Partum Counseling, Equipment and Supplies

Recommended as part of pre/post-natal counseling for pregnant women, with purchase of certain breast-feeding equipment through approved vendors.

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| | Men | | Women | | Pregnant Women |

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# Preventive Care Guidelines for Adult Immunizations - Men and Women

Immunizations may help protect against many illnesses and diseases. The following immunization schedule provided by the Centers for Disease Control and Prevention (CDC) will give you the recommendations for adults over age 18.

## Recommended immunization for adult men and women

### United States • 2016

| Vaccine | 19-21 years | 22-26 years | 27-49 years | 50-59 years | 60-64 years | ≥ 65 years |
|---|---|---|---|---|---|---|
| Influenza | 1 dose annually | | | | | |
| Tetanus, diphtheria, pertussis (Td/Tdap) | Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs | | | | | |
| Varicella | 2 doses | | | | | |
| Human papillomavirus (HPV) Female | 3 doses | | | | | |
| Human papillomavirus (HPV) Male | 3 doses | | | | | |
| Zoster | | | | | 1 dose | |
| Measles, mumps, rubella (MMR) | 1 or 2 doses | | | | | |
| Pneumococcal 13-valent conjugate (PCV13) | 1 time | | | | | dose |
| Pneumococcal polysaccharide (PPSV23) | 1 or 2 doses | | | | | 1 dose |
| Meningococcal | 1 or more doses | | | | | |
| Hepatitis A | 2 doses | | | | | |
| Hepatitis B | 3 doses | | | | | |
| Haemophilus influenzae type b (Hib) | 1 or 3 doses | | | | | |

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| | For all persons in this category who meet the age requirements and who lack documentation of vaccination or have no evidence of previous infection; zoster vaccine recommended regardless of prior episode of zoster. | | Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle or other indication). | | No recommendation |

Additional information about the vaccines in this schedule, extent of available data, including a full list of footnotes and contraindications for vaccination is also available at **www.cdc.gov/vaccines** or from the CDC-INFO Contact Center at 800-CDC-INFO (800-232-4636) in English and Spanish, 8 a.m. - 8 p.m. Eastern Time, Monday - Friday, excluding holidays. For a complete list of footnote references please visit: **www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule.pdf.**

The recommendations in this schedule were approved by the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP), the American Academy of Family Physicians (AAFP), the American College of Physicians (ACP), American College of Obstetricians and Gynecologists (ACOG) and American College of Nurse-Midwives (ACNM)

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Our website at **www.uhcpreventivecare.com** has more information on preventive guidelines for your age and gender. The guidelines are based on recommendations of the U.S. Preventive Services Task Force and other health organizations. You can also email, download or print your results, and sign up for preventive care email reminders. Use this information to talk to your doctor about the services that may be right for you.

See **www.healthcare.gov/coverage/preventive-care-benefits/** for U.S. Preventive Services Task Force recommendations on clinical preventive services.

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