

**To learn more about your plan,
please see empireblue.com.**

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

Preventive health guidelines

As of May 2013

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 empireblue.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 and based on state-specific requirements::

- **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 your information; 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.



Well 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. 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, these screenings or added screenings, such as tuberculin and/or sickle cell anemia testing, if appropriate.

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									
Newborn metabolic, sickle cell and thyroid screening	birth to 2 months									
Development and behavior	at each visit									
Hearing	as a newborn and when your doctor suggests									
Oral/dental health	at each visit									
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 2¹/₂ to 10 years*

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, healthy eating and development. Annual dental referrals starting at age three (3) or earlier if needed. At these well-child exams, your child may get vaccines, these screenings or added screenings such as tuberculin and urine testing, if appropriate.

Screenings	Age (in years)									
	2 ¹ / ₂	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		each year								
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, sexual health, how to prevent injuries, alcohol and drugs, counseling to reduce the risks of getting skin cancer, avoiding tobacco, secondhand smoke, dental health and mental health. At these exams, your child may get vaccines and these screenings, or added screenings such as tuberculin and urine testing if appropriate.

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					
Oral/dental health				each year					
Chlamydia				for sexually active women aged 25 and younger					

*This guide is for people enrolled in the Empire BlueCross BlueShield plan. Talk to your doctor if you have concerns about your health.

**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 over weight for height.

Adult screenings — women*

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 and folic acid for women who are of the age to get pregnant, sexual behavior and screening for sexually transmitted diseases including HIV, intimate partner violence, how to prevent injuries, counseling to reduce the risks of getting skin cancer, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, dental health and mental health. At this visit, you may get vaccines and these screenings:

Screenings	19-21	21-29	30	35	40	45
Height, weight	each year					
BMI	each year					
Blood pressure	each year					
Breast cancer: self-exam	each year					
Breast cancer: doctor exam	every 1 to 3 years					
Breast cancer: mammogram						
Cervical Cancer: ages 21-29		every 3 years				
Cervical cancer: ages 30-65			Should have a Pap test plus an HPV test (called “co-t”) every 5 years starting at age 30			
Cervical cancer: ages 66+						
Colorectal cancer						
Chlamydia	sexually active women ages 25 and younger					
Cholesterol		every 5 years starting at age 45				
Osteoporosis						
Hepatitis C						

*This guide is for people enrolled in the Empire BlueCross BlueShield plan. Some people may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.

45	50	55	60	65 and older
year or as your doctor suggests				
year or as your doctor suggests				
year or as your doctor suggests				
each month from age 19 to 65+				
each year from age 40 to 65+				
each year from age 40 to 65+				
<p>o-testing”) every 5 years. This is the preferred approach, but it is also OK to have a Pap test alone every 3 years.</p> <p>Women with normal results should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, even if testing continues past age 65.</p>				
<p>at age 50, your doctor may suggest one of these test options:</p> <ol style="list-style-type: none"> 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 				
age 20 with more screenings as your doctor suggests				
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 1945-1965				

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:

- **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. Pregnant adolescents and adults should be vaccinated with Tdap vaccine with each pregnancy. 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**

*This guide is for people enrolled in the Empire BlueCross BlueShield plan. Some people may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.



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 and HIV screening, counseling to reduce the risks of getting skin cancer, 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
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 or as your doctor suggests					
Colorectal cancer							
Prostate cancer							
Abdominal aortic aneurysm							
Hepatitis C							

	50	55	60	65 and older
suggests				
suggests				
suggests				
0 with more screenings				
suggests				
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				
if you are 50 or older, discuss with your doctor the risks and benefits of the prostate cancer tests				
				one time for ages 65-75 for those who have ever smoked
				screen once if born between 1945-1965

***This guide is for people enrolled in the Empire BlueCross BlueShield plan. Some people may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.**

Suggested vaccine schedule*

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

Vaccine	Age								
	birth	1-2 months	2 months	4 months	6 months	6-18 months	12-15 months	15-18 months	19-23 months
Hepatitis B	✓	✓				✓			
Rotavirus (RV)			✓ 2-dose or 3-dose series						
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓	
Tetanus, diphtheria, pertussis (Td/Tdap)									
Haemophilus influenzae type b (Hib)		✓ 3-dose or 4-dose series							
Pneumococcal conjugate (PCV)			✓	✓	✓		✓		
Inactivated polio virus (IPV)			✓	✓		✓			
Influenza (flu)							✓ suggested each year		
Measles, mumps, rubella (MMR)							✓		
Varicella (chicken pox)							✓		
Hepatitis A							✓ 2-dose series		
Human papillomavirus (HPV)									
Meningococcal									
Pneumococcal polysaccharide (PPSV 23)									
Zoster									

✓ Shows when vaccines are suggested

*This guide is for people enrolled in the Empire BlueCross BlueShield plan. Some people may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.

	4-6 years	11-12 years	13-18 years	19-60 years	60-64 years	65+ years
	✓					
		✓ Tdap		✓ Td booster every 10 years		
	✓					
ear from 6 months to 65+ years of age						
	✓					
	✓					
		✓ 3-dose series				
		✓	✓ at 16 years of age			
				✓ suggested for smokers and asthmatics		✓
					✓ 1 single dose for ages 60+	

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

Rotavirus (RV) - Get two-dose or three-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 influenzae type b (Hib) - Get three-dose or four-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 seven-valent pneumococcal conjugate vaccine (PCV7) should get one 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) - All adults born after 1957 should have documentation of 1 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) - 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 23) - Smokers and asthmatics should get one 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 five years in between doses).