

# 2014 Preventive Care Guidelines

One of the most important steps you can take for your health is to schedule routine checkups. Use this schedule as a reference tool during discussions with your health care provider to determine the best options to fit your lifestyle and health concerns. It is your responsibility to understand your company's benefit plan and coverage for preventive care. We based this schedule of preventive services on recommendations of numerous national organizations. This schedule is a partial list. For a complete list of preventive guidelines and their sources visit [www.healthcare.gov](http://www.healthcare.gov).



## Adults Ages 19+ Preventive Schedule

<b>General</b>	
Physical Exams/Health Guidance	Annually
Vision Screening	Annually
Blood Pressure Screening	Recommended for all adults ages 18 and older. Consult your doctor.
Obesity Screening	Recommended for all adults ages 18 and older. Consult your doctor.
Well-Woman Visits	Recommended services for women under age 65. Consult your doctor.
Breast Exam by Practitioner	Every three years for women ages 20-39. Annually for women ages 40 and older.
Folic Acid	Women planning/capable of pregnancy take a daily supplement containing .4-.8 mg of folic acid for prevention of neural tube defects.
Aspirin Therapy	Men ages 45-79 and women ages 55-79 consult your doctor about daily aspirin therapy to prevent first heart attacks in men and strokes in women.
<b>Diagnostic Screenings</b>	
Cholesterol Screenings	Men starting at age 35 and females at age 45. Men and women at risk for heart disease: start at age 20 and older.
Fasting Blood Glucose	Consult your doctor. If consistent blood pressure readings of 135/80 treated or untreated should be screened for Type 2 diabetes.
Mammogram	Annually starting at age 40.
Cervical Cancer Screening	For sexually active women and those at higher risk.
Chlamydia and Other Sexually Transmitted Disease (STD) Screenings	If sexually active, consult your doctor.
Bone Mineral Density Screening	Routinely for women starting at age 65 and for those ages 60 and younger who are at increased risk for osteoporotic fractures. Men with risk factors consult your doctor.
Prostate Cancer Screening	Consult your doctor.
Colorectal Cancer Screening	Regularly starting at age 50 fecal occult blood test (FOBT) annually, or sigmoidoscopy every 5 years, or colonoscopy every 10 years. Those at increased risk should get screened sooner and more often.
Abdominal Aortic Aneurysm Screening	Consult your doctor.
<b>Immunizations*</b>	
Tetanus, Diphtheria, Pertussis (TDAP)	Ages 19+: Booster every 10 years. Also recommended for pregnant women and adults ages 65+ if in contact with a child < 12 months.
Measles, Mumps, Rubella (MMR)	Ages 19-55: 1 or 2 doses if no previous vaccination or prior infection. By doctor recommendation ages 55+: 1 dose.
Varicella	Ages 19+: 2 doses if no previous vaccination or prior infection. Given 4 weeks apart.
Influenza	Ages 19+: 1 dose annually
Pneumococcal (polysaccharide)**	Ages 65+: 1 dose. By doctor recommendation for ages 19-64: 1-2 doses.
Hepatitis A**	Ages 19+: 2 doses
Hepatitis B**	Ages 19+: 3 doses
Meningococcal**	Ages 19+: 1 or more doses
Human Papillomavirus (HPV)	Females ages 19-26: 3 doses; males ages 19-21: 3 doses (catch-up immunization)
Shingles (Herpes Zoster)	Ages 60+: 1 dose

\* Some immunizations are contraindicated for certain conditions, including pregnancy and HIV infection. Consult Centers for Disease Control and Prevention (CDC) at [www.cdc.gov](http://www.cdc.gov) for a complete list, and discuss with your physician.

\*\* For select populations. Details on recommendations may be found on the CDC website at [www.cdc.gov](http://www.cdc.gov).

# Children and Adolescents Birth to 18 Years Preventive Schedule

See complete list of footnotes and details regarding child immunizations on the CDC website at [www.cdc.gov](http://www.cdc.gov) and discuss with your child's physician.

	Birth	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years	
Wellness Exam	• (3-5 d)	• (2-4 wks)	•	•	•	•	•	•	•	•	—•— (Ages 3-18, annually)					
Eye Exam/Vision Assessment	•	•	•	•	•	•	•	•	•	•						
Vision Screening											—•— (Ages 3-18, annually)					
Blood Pressure											—•— (Ages 3-18, annually)					
Obesity Screening											—•— (Ages 6-18, consult your doctor)					
<b>Immunizations</b>																
Hepatitis A									—•—		—•— High-risk groups** (Ages 2-18, 2 doses 6 months apart)					
Hepatitis B	•	—•—					—•—					—•— (Ages 7-18, catch up, 3 doses)				
Diphtheria, Tetanus, Pertussis (DTaP)			•	•	•			—•—			•	—•— (Ages 7-10 and 13-18, catch up)				
Haemophilis Influenzae Type B			•	•	•		—•—									
Inactivated Poliovirus			•	•			—•—				•	—•— (Ages 7-18, catch up, 3 doses)				
Measles, Mumps, Rubella (MMR)							—•—				•	—•— (Ages 7-18, catch up, 2 doses)				
Varicella							—•—				•	—•— (Ages 7-18, catch up, 2 doses)				
Meningococcal							—•— High-risk groups** (Ages 9 months - 10 years)				•	—•— Catch up		—•— (Age 16)		
Pneumococcal			•	•	•		—•—				—•— High-risk groups**					
Influenza							—•— (Annually)									
Rotavirus <i>If Rotarix used for 2 &amp; 4 month dose, no 6 months needed.</i>			•	•	•											
HPV <i>Given as a 3-dose series to females and males. Can be given as early as age 9.</i>												•	—•— (Catch up)			

\* Some immunizations are contraindicated for certain conditions, including pregnancy and HIV infection. Consult Centers for Disease Control and Prevention (CDC) at [www.cdc.gov](http://www.cdc.gov) for a complete list, and discuss with your physician.

\*\* For select populations. Details on recommendations may be found on the CDC website at [www.cdc.gov](http://www.cdc.gov).

—•— Represents a range of recommended ages  
*Care for patients with risk factors: Appropriate testing should be done at the doctor's discretion, based on family history and personal risk factors.*