

# Adult Wellness Guidelines

## Adult health — for ages 18 and over

Preventive care is very important for adults. By making healthier choices, you can improve your overall health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Participate in regular physical activity
- Don't use tobacco products
- Limit alcohol use
- Strive for a healthy weight
- Take medications as prescribed by your doctor.

### ADULT RECOMMENDATIONS FOR SCREENINGS

Physical Exam	Every year, or as directed by your doctor.
Body Mass Index (BMI)	Every year.
Blood Pressure (BP)	At least every two years.
Colon Cancer Screening	Beginning at age 50 — colonoscopy every 10 years, or flexible sigmoidoscopy every five years or fecal blood test annually.
Diabetes Screening	Screening should begin at age 45. If you have high blood pressure, high cholesterol, are overweight or have a close family history of diabetes, you should consider being screened earlier.

### ADULT RECOMMENDATIONS FOR IMMUNIZATIONS

	19 – 21 years	22 – 26 years	27 – 49 years	50 – 64 years	65 and older
Influenza (Flu)*	Once each year				
Tetanus, Diphtheria, Pertussis (Tdap)*	One dose with a booster every 10 years				
Herpes Zoster (Shingles) - RZV*				Two doses RZV for those 60 and older	
or Herpes Zoster (Shingles) - ZVL*				OR one dose ZVL for those 50 and older	
Varicella (Chicken Pox)*	Two doses				
Pneumococcal (Pneumonia)*					Two doses
Measles, Mumps & Rubella (MMR)*	One or two doses if no evidence of immunity				
Human Papillomavirus (HPV) – Female*	One or two doses if no evidence of immunity.				
Human Papillomavirus (HPV) – Male*	Two or three doses depending on age at series initiation.				
Hepatitis A**	Two or three doses for at-risk adults. Discuss with your doctor if this vaccine is right for you.				
Hepatitis B**	Three doses for at-risk adults. Discuss with your doctor if this vaccine is right for you.				
Meningitis**	One to three doses depending on indication. This vaccine is only recommended for specific segments of adults. Discuss the risks and benefits with your doctor.				
Hib*	One or three doses depending on health risks. This vaccine is only recommended for specific segments of adults. Discuss the risks and benefits with your doctor.				

\*Recommendations for most adults.

\*\*Recommended for adults with certain health risks.

## Women's health

Women have their own unique health care needs. To stay well, they should make regular screenings a priority. Women should discuss the recommendations listed on the chart with their doctors.

WOMEN'S RECOMMENDATIONS	
Mammogram	Every year for women beginning at age 40.*
Cholesterol	Ages 30 – 35 should be tested if at high risk. Women age 45 and over should be tested.
Pap Test	Women ages 21 – 65: Pap test every three years. Another option for ages 30 – 65: Pap test and HPV test every five years. Women who have had a hysterectomy or are over age 65 may not need a Pap test.*
Osteoporosis Screening	Beginning at age 65, or at age 60 if risk factors are present.*
Aspirin Use	At ages 50 – 79, talk with your doctor about the benefits and risks of aspirin use.
Pelvic Exam	Every year for ages 21 and over.*

## Men's health

Men are encouraged to get yearly wellness exams, even if they don't have symptoms. Engage in a healthy lifestyle and complete recommended preventative care services. Men should discuss health recommendations in the table below with their doctor.

MEN'S RECOMMENDATIONS	
Cholesterol	Ages 20-35 should be tested if at high risk. Men age 35 and over should be tested.
Abdominal Aortic Aneurysm	Once between ages 65 and 75 if you have ever smoked.
Aspirin Use	At ages 50-79, talk with your doctor about the benefits and risks of aspirin use.

\*Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.

Sources: American Cancer Society, U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force.

These are independent organizations that offer health information that members of BlueChoice HealthPlan may find helpful.

Focus on life. Focus on health. *Stay focused.*



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