

Preventive health guidelines

May 2019

You can take steps today toward a healthier future!

Your health plan pays for certain tests to find disease early, routine wellness exams, and shots to help you and your family stay well. This is called preventive care.

Using this guide

This guide does not mention every condition and treatment. Ask your doctor which exams, tests, and vaccines are right for you or your child, when you should get them, and how often.

Guidelines are based on state-specific requirements and tips from health experts, including:

- **AAFP** — American Academy of Family Physicians
- **AAP** — American Academy of Pediatrics — Bright Futures
- **ACIP** — Advisory Committee on Immunization Practices
- **ACOG** — American College of Obstetricians and Gynecologists
- **ACS** — American Cancer Society
- **CDC** — Centers for Disease Control and Prevention
- **USPSTF** — U.S. Preventive Services Task Force

Your plan may not pay for all the services and treatments listed.

To learn more about what your plan covers, either:

- Check the member handbook.
- Call Member Services at the number on your member ID card.
- Visit www.empireblue.com/ny.

This guide is to give general information.

It's not meant to give personal medical advice. Get medical advice straight from your doctor.



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Well-baby and child exams

Well-baby exam

Infants should be seen by a doctor at birth, at the following ages and as the doctor suggests:

- 3-5 days old
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months

During a well-baby exam, you may get advice on your child's safety, dental care, healthy eating and development. Your baby may also get vaccines or other screenings, such as tuberculin, urine testing, and/or sickle cell anemia testing, if needed.

| Screenings | When to get them |
|---|--|
| Weight, length and head circumference (the length around the head) | At each visit |
| BMI percentile* | At 24 months |
| Newborn metabolic (such as phenylketonuria), sickle cell and thyroid screening | Birth-2 months (best at 3-5 days) Bilirubin at birth |
| Critical congenital heart defect (birth defects of the heart) | At birth |
| Development and behavior | At each visit |
| Hearing | As a newborn and when your doctor suggests |
| Vision | At each visit |
| Oral/dental health | Referral to a dentist, if needed — begin yearly dental exams starting at 6 months, when first tooth appears or by age 1 Fluoride varnish when teeth start coming in (usually at 6-24 months old) Fluoride prescription based on your drinking water (starting 6-24 months) |
| Hemoglobin or hematocrit (blood count) | Once between 9-12 months |
| Lead | At 12 and 24 months. Assess risk as your doctor suggests. |
| Autism | At 18 and 24 months |
| Tuberculosis | Asses risk at months 1, 6, 12 and 24 |
| Lipid disorder (cholesterol problems) | Assess risk at 24 months old |
| Maternal postpartum depression (after a mother gives birth) | At 1, 2, 4 and 6 month months |
| Urine | As your doctor suggests |
| Physical exam | Every year |

*Height and weight are used to find body mass index (BMI). BMI is used to see if a person has the right weight for their height or is under or over weight for their height.



Birth-
2 years

Well-child exam

During a well-child exam, you may get advice about:

- How to keep your child safe.
- How to prevent injuries.
- How to reduce the risk of getting skin cancer.
- Good health, diet, physical activity and development.
- Yearly dental exams, if needed.

Your child may get vaccines and these screenings, plus added screenings such as tuberculin and urine testing, if needed.



Ages 2^{1/2}-
10 years

| Screenings | When to get them |
|---|--|
| Height, weight, BMI percentile* | Each year |
| Development and behavior | At each visit |
| Vision | Each year |
| Hearing | Each year |
| Oral/dental health | Referral to a dentist, if needed Dental exams each year Fluoride varnish on the teeth when your dentist suggests (between 2 1/2-5 years) Fluoride prescription based on your drinking water |
| Hemoglobin or hematocrit (blood count) | As your doctor suggests |
| Blood pressure | Each year starting at age 3 |
| Lipid disorder (cholesterol problems) | Once between ages 9-11 |
| Lead | Children ages 3-6 years old should be tested if never tested before Assess risk for children up to age 6 |
| Physical exam | Every year |

*Height and weight are used to find BMI. BMI is used to see if a person has the right weight for their height or is under or over weight for their height.



Well-child exam

At these exams, your child may get vaccines and these screenings, plus added screenings such as tuberculin and urine testing, if needed.

- Diet and physical activity.
- Healthy weight.
- Dental health and referral to a dentist each year.
- Skin cancer risks, going over family history and how to reduce risks.
- How to prevent injuries.
- Discuss whether or not they're having sex starting at age 13, then:
 - Safe sex.
 - Screening for sexually transmitted infections (STIs).
 - Intimate partner violence.
- Avoiding secondhand smoke.
- Avoiding tobacco, alcohol and drugs.



At these exams, your child may get vaccines and these screenings, plus added screenings such as tuberculin and urine testing, if needed.

| Screenings | When to get them |
|--|--|
| Height, weight, BMI* | Percentile to age 18, then BMI each year |
| Development and behaviors | At each visit |
| Depression | Each year starting at age 12 |
| Substance use | Assess risk between ages 11-20; follow up if needed |
| Blood pressure | Each year |
| Vision | Each year |
| Hearing | Each year |
| Oral/dental health | Exam each year Fluoride prescription based on your drinking water (between ages 11-16) Fluoride varnish on the teeth when your doctor suggests |
| Hemoglobin or hematocrit (blood count) | As your doctor suggests |
| Lipid disorder (cholesterol problems) | Once between ages 9-11, once between ages 17-21 |
| Chlamydia | If sexually active |
| HIV | Screening once between ages 15-18 Screen at age 11 if at high risk, and follow up if needed |
| STIs | For sexually active individuals starting at age 11 |
| Physical exam | Every year |
| Urine | As your doctor suggests |



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Adult screenings

Wellness exam

During a wellness exam, the doctor may talk with you about:

- Diet and physical activity.
- Family planning.
- Birth control types and methods to help avoid unwanted pregnancy and spacing out pregnancies to have the best birth outcomes.
- Folic acid for women who are the right age to get pregnant.
- Safe sex and screening for STIs, including:
 - Screening for HIV.
 - Screening for hepatitis B (HBV) if high risk.
 - Intimate partner violence.
- How to prevent injuries.
- Skin cancer risks, going over family history and how to reduce risks.
- Misuse of drugs and alcohol.
- Avoiding secondhand smoke.
- If using tobacco, how to quit.
- Dental health.
- Mental health, including depression.



At this visit, you may get vaccines and these screenings:

| Screenings | When to get them |
|---|--|
| Height, weight, 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 1-3 years Each year from age 40 and over |
| Breast cancer: Mammogram** (breast X-ray) | Each year from ages 40-65+ Biennial screening mammography for women ages 50-74 |
| Cervical cancer | Ages 21-29: Pap test every 3 years Ages 30-65: Pap test every 3 years or HPV testing alone or in combination with Pap test every 5 years Ages 65+: Stop screening at age 65 if last 3 Pap tests or last 2 co-tests (Pap plus HPV) within the last 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screenings with your doctor. |
| Colorectal cancer | At age 50 and continuing until age 75, your doctor may suggest any of the following test options: <ul style="list-style-type: none"> • FIT: fecal immunochemical test • FIT-DNA: multitargeted stool DNA test • gFOBT: guaiac-based fecal occult blood test • Colonoscopy • CT colonography • Flexible sigmoidoscopy |
| Chlamydia and gonorrhea | If sexually active, age 24 and younger |
| Cholesterol | Statins (cholesterol medicine) may be recommended for some people ages 40-75 who have a higher risk of getting cardiovascular disease |
| Glucose screening for type 2 diabetes | As your doctor suggests from ages 40-70 if you are overweight or obese. Individuals with high glucose (blood sugar) should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity. |
| Hepatitis C | Screen once if born between 1945-1965 |
| Osteoporosis | The test to check how dense your bones are should start no later than age 65 Women in menopause should talk to their doctor about osteoporosis and have the test when at risk. |

Well-person exam

Pregnant women should see their doctor 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 24-28 weeks
- **Syphilis**
- **Urinalysis** – when your doctor suggests

The doctor may talk to you about:

- What to eat.
- How to be active when pregnant.
- Staying away from tobacco, drugs, alcohol and other substances.
- Breastfeeding, lactation supplies and counseling.

Other tests and screenings:

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

Medications:

If you are high risk for a condition called preeclampsia, your doctor may recommend taking a low-dose aspirin as a preventive medicine.

Vaccines:

If you're pregnant during flu season (October-March), your doctor may want you to have the inactivated (killed) flu vaccine.

Pregnant teens and adults should be vaccinated with Tdap vaccine with each pregnancy. Tdap should be given between 27-36 weeks' gestation, although it may be given at any time during pregnancy.

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 are pregnant:

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

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**Women should talk to their doctor and make a personal choice about the best age to begin mammograms and the potential to screen every two years when older.



Well-person exam

During a wellness exam, the doctor may talk with you about:

- Diet and physical activity.
- Family planning.
- How to prevent injuries.
- Skin cancer risks, going over family history and how to reduce risks.
- Misuse of drugs and alcohol.
- If using tobacco, how to quit.
- Avoiding secondhand smoke.
- Safe sex and STIs, including:
 - Screening for HIV.
 - Screening for hepatitis B (HBV) if high risk.
- Dental health.
- Mental health, including depression.



Men

At this visit, you may get vaccines and these screenings:

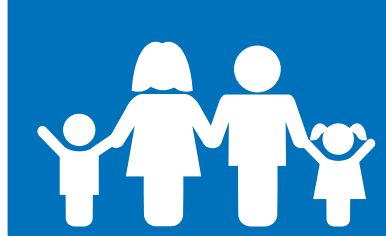
| Screenings | When to get them |
|---------------------------------------|--|
| Height, weight, BMI* | Each year or as your doctor suggests |
| Abdominal aortic aneurysm | One time for ages 65-75 for those who have ever smoked |
| Blood pressure | Each year or as your doctor suggests. High measurements should be confirmed in the home setting. |
| Cholesterol | Statins (cholesterol medicine) may be recommended for some people ages 40-75 who have a higher risk of getting cardiovascular disease |
| Colorectal cancer | At age 50 and continuing until age 75, your doctor may suggest any of the following test options: <ul style="list-style-type: none"> • FIT: fecal immunochemical test • FIT-DNA: multitargeted stool DNA test • gFOBT: guaiac-based fecal occult blood test • Colonoscopy • CT colonography • Flexible sigmoidoscopy |
| Glucose screening for type 2 diabetes | As your doctor suggests from ages 40-70 if you are overweight or obese. Individuals with high glucose (blood sugar) should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity. |
| Hepatitis C | Screen once if born between 1945-1965 |
| Prostate cancer | If you are ages 55-69, talk with your doctor about the risks and benefits of prostate cancer tests |

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Suggested vaccine schedule

For more info about vaccinations, visit 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 | 4-6 years | 11-12 years | 13-18 years | 19-64 years | 65+ years | |
| Hepatitis B | ✓ | ✓ | | | | ✓ | | | | | | | | | |
| Rotavirus (RV) | | | ✓ 2-dose or 3-dose series | | | | | | | | | | | | |
| Diphtheria, tetanus, pertussis (DTaP) | | | ✓ | ✓ | ✓ | | | ✓ | | ✓ | | | | | |
| Tetanus, diphtheria, pertussis (Td/Tdap) | | | | | | | | | | ✓ Tdap | | | ✓ Every 10 years | | |
| Haemophilus influenzae type b (Hib) | | ✓ 3-4 doses between 2-15 months with 1st 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-65+ years; 2 doses at least 4 weeks apart are recommended for children between 6 months-8 years old getting the vaccine for the first time | | | | | | | | | | | | |
| Measles, mumps, rubella (MMR) | | | | | | | ✓ | | | ✓ | | | | | |
| Varicella (chickenpox) | | | | | | | ✓ | | | ✓ | | | | | |
| Hepatitis A | | | | | | ✓ 2-dose series between 12-23 months; taken 6-18 months apart | | | | | | | | | |
| Human papillomavirus (HPV) | | | | | | | | | | ✓ 2-dose series | | | | | |
| Meningococcal | | | | | | | | | | ✓ | | ✓ Booster at age 16. MenB-FHb at ages 16-23. | | | |
| Pneumococcal 13-valent conjugate (PCV13) | | | | | | | | | | | | | | ✓ | |
| Pneumococcal polysaccharide (PPSV23) | | | | | | | | | | | | | | ✓ | |
| Zoster (HZ/su) | | | | | | | | | | | | | | ✓ 2-dose series for ages 50+; 2-6 months apart | |

*For more info about updated HPV vaccines, see the Centers for Disease Control and Prevention website: *Use of a 2-Dose Schedule for Human Papillomavirus Vaccination – Updated Recommendations of the Advisory Committee on Immunization Practices*, (December 16, 2016): cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm.

Hepatitis B — The first dose should be given within 24 hours of birth to address births outside of the hospital. 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 your child is 13-18 years of age and has not had this vaccine before, talk to the doctor about a catch-up vaccine.

Tdap (adults) — If you are age 19 or older and have not had 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 (PCV13) — Children ages 14 months-59 months who have received an age-appropriate series of 7-valent PCV (PCV7) get a single supplemental dose of 13-valent PCV (PCV13).

Influenza (flu) — Visit www.flu.gov or www.cdc.gov to learn more about this vaccine. (Note: Children 6 months-8 years old having the vaccine for the first time should have two doses four weeks apart.)

Measles, mumps, rubella (MMR) and varicella (chickenpox) — Teens and adults should be up-to-date on their MMR vaccinations. Chickenpox vaccines are recommended for children who have not had chickenpox.

Human papillomavirus (HPV)* — Eleven to twelve-year-olds receive two doses of the HPV vaccine at least six months apart. Teens and young adults who start the series later (at ages 15-26) will need three doses of HPV vaccine to protect against cancer-causing HPV infection. The vaccine series can start at age 9.

Meningococcal — When given to healthy teens who are not at higher risk for meningococcal disease, two doses of MenB-FHbp should be given at 0 and 6 months. If the second dose is given before 6 months, a third dose should be given at least six months after the first dose. For persons at higher risk for meningococcal disease and for use during serogroup B outbreaks, three doses of MenB-FHbp should be given at 0, 1-2, and 6 months.

Pneumococcal 13-valent conjugate (PCV13)/Pneumococcal polysaccharide (PPSV23) — Adults age 65 and older and certain adults younger than 65 who are considered at risk are recommended to receive both a PCV13 and PPSV23. Ask your doctor about the dosage that is right for you.

Zoster — Two doses of the Shingrix (HZ/su) vaccine, given 2-6 months apart, is recommended for adults age 50 and older, including those who previously received the Zostavax shingles vaccine.



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