



Healthy Blue

Preventive health guidelines

As of May 2017

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 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 Member Services number on your ID card to check. You also can check www.myhealthybluela.com to learn about your benefits and 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 Congress of Obstetrics and Gynecology
- **ACS** — American Cancer Society
- **CDC** — Centers for Disease Control and Prevention
- **USPSTF** — U.S. Preventive Services Task Force

This guide is just for you to learn from. 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.

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, dental exams and care starting at age 1 year if needed, healthy eating and development. At these exams, your baby may get vaccines and these screenings or added screenings, such as tuberculin, urine testing and/or sickle cell anemia testing, if needed.

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						Dental exams at each visit starting at age 6 months Fluoride varnish on the teeth when your doctor suggests; fluoride prescription based on your drinking water				
Hemoglobin or hematocrit (blood count)	As your doctor suggests									
Lead testing							At 12			At 24
Autism									At 18	At 24

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

Well-child exam — ages 2½ 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, diet and physical activity, and development, as well as annual dental referrals starting at age 3 or earlier if needed. At these well-child exams, your child may get vaccines and these screenings or added screenings such as tuberculin and urine testing, if needed.

Screenings	Age (in years)									
	2½	3	4	5	6	7	8	9	10	
Height, weight and body mass index (BMI)**	Each year									
Development and behavior	At each visit									
Vision		Each year starting at age 3								
Hearing			Each year starting at age 4							
Oral/dental health	Dental exams each year									
	Fluoride varnish on the teeth when your doctor suggests; fluoride prescription based on your drinking water									
Hemoglobin or hematocrit (blood count)	As your doctor suggests									
Blood pressure		Each year starting at age 3								
Urine						At age 6				

Well-child exam — ages 11 to 18 years*

The doctor may talk to you about health and wellness issues. These may include:

- Diet and physical activity
- Healthy weight
- Dental health
- Dentist referral each year
- Mental health, including depression screening
- Sexual behavior and screening for sexually transmitted infections
- How to prevent injuries
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Secondhand smoke
- Avoiding tobacco, alcohol and drugs

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

Screenings	Age (in years)									
	11	12	13	14	15	16	17	18		
Height, weight and BMI**	Each year									
Development and behavior	Each year									
Blood pressure	Each year									
Vision	Each year									
Hearing	Each year									
Oral/dental health	Each year									
Hemoglobin or hematocrit (blood count)	As your doctor suggests									
Chlamydia	For sexually active women age 24 and younger									
Urine						At 16 years				

Adult screenings – women*

Well-person exam

The doctor may talk with you about health and wellness issues. These include:

- Diet and physical activity
- Family planning
- Folic acid for women who are of the age to get pregnant
- Sexual behavior and screening for sexually transmitted infections
- Screening for HIV
- Screening for Hepatitis B (HBV) if high risk
- Intimate partner violence
- How to prevent injuries
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks

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

Screenings	19-20	21-29	30	35	40
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. High measurements should be				
Breast cancer	Doctor exam every 1 to 3 years				Each year from
Breast cancer: mammogram					Each year from
Cervical cancer		Every 3 years	Should have a Pap test plus an HPV test preferred approach, but it is alright to		
Colorectal cancer					
Chlamydia	Sexually active women ages 24 and younger				
Cholesterol					Every 5 years starting for coronary heart for cardiovascular
Glucose screening for type 2 diabetes					As your doctor their doctor about
Hepatitis C					
Osteoporosis					

- Misuse of drugs and alcohol
- Secondhand smoke
- How to stop using tobacco
- Dental health
- Mental health, including screening for depression

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

***Women should talk to their healthcare provider and choose the best age to begin screening. Women aged 50 to 74 years may have the option to screen every year.

Age (in years)

45	50	55	60	65 and older
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confirmed in the home setting.

age 40 to 65+

age 40 to 65+***

(called co-testing) every 5 years. This is the have a Pap test alone every 3 years.

Stop screening at age 65 if last three Pap tests or last two co-tests (Pap plus HPV) within the previous 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screening with your doctor.

At age 50 and continuing until age 75 years; your doctor may suggest one of these test options:

- | | |
|-----------------------------------------------|--------------------------|
| • FIT: fecal immunochemical test | • Colonoscopy |
| • FIT-DNA: multitargeted stool DNA test | • CT colonography |
| • gFOBT: guaiac-based fecal occult blood test | • Flexible sigmoidoscopy |

at age 40 with more screenings as your doctor suggests or for women ages 20-40 if at increased risk disease. Statin use may be recommended for some people ages 40 to 75 years who are at increased risk disease.

suggests from age 40 to 70 if you are overweight or obese. Individuals with high glucose should talk to intensive counseling to promote a healthful diet and physical activity.

Screen once if born between 1945-1965.

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.

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:

- **Depression** — screening during or after pregnancy
- **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. Your doctor will provide interventions during pregnancy and after birth to support breastfeeding, lactation supplies and counseling.

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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

Medications:

If you are high risk for a condition called pre-eclampsia, your doctor may recommend the use of low-dose aspirin as preventive medication.

Vaccines:

You should get the Tdap vaccine (to help protect against whooping cough), **during** your pregnancy. Other vaccines, like the flu shot, can be given before or during pregnancy, depending on whether or not it is flu season when you're pregnant.

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**



Adult screenings – men*

Well-person exam

The doctor may talk with you about health and wellness issues. These include:

- Diet and physical activity
- Family planning
- How to prevent injuries
- Misuse of drugs and alcohol
- How to stop using tobacco
- Secondhand smoke
- Sexual behavior and screening for sexually transmitted infections
- Screening for HIV
- Screening for Hepatitis B (HBV) if high risk
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Dental health
- Mental health, including screening for depression

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

Screenings	Age (in years)				
	19	20	25	30	35
Height, weight	Each year or as your doctor suggests				
BMI**	Each year or as your doctor suggests				
Abdominal aortic aneurysm					
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in				
Cholesterol					
Colorectal cancer					
Glucose screening for type 2 diabetes					
Hepatitis C					
Prostate cancer					

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40	45	50	55	60	65 and older
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One time for ages 65-75 for those who have ever smoked

the home setting.

Every five years starting at age 40 with more screenings as your doctor suggests or for men ages 20-40 if at increased risk for coronary heart disease. Statin use may be recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease.

At age 50 and continuing until age 75 years; your doctor may suggest one of these test options:

- FIT: fecal immunochemical test
- FIT-DNA: multitargeted stool DNA test
- gFOBT: guaiac-based fecal occult blood test
- Colonoscopy
- CT colonography
- Flexible sigmoidoscopy

As your doctor suggests from 40 to 70 if you are overweight or obese. Individuals with high glucose should talk to their doctor about intensive counseling to promote a healthful diet and physical activity.

Screen once if born between 1945-1965.

If you are 50 or older, discuss with your doctor the risks and benefits of the prostate cancer tests.

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

Suggested vaccine schedule*

For more information about vaccinations, visit 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	4-6 years	11-12 years	
Hepatitis	✓	✓				✓						
Rotavirus (RV)			✓ 2-dose or 3-dose series									
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓		
Tetanus, diphtheria, pertussis (Td/Tdap)											✓ Tdap	
Haemophilus influenzae type b (Hib)			✓ 3-4 doses between 2 months to 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 to 65+ years							
Measles, mumps, rubella (MMR)							✓			✓		
Varicella (chicken pox)							✓			✓		
Hepatitis A							✓ 2-dose series between 12-23 months					
Human papillomavirus (HPV)											✓ 2-dose series	
Meningococcal											✓	
Pneumococcal 13-valent conjugate (PCV13)												
Pneumococcal polysaccharide (PPSV23)												
Zoster												

13-18 years	19-64 years	65+ years
	✓ Td booster every 10 years	
of age		
✓ At age 16		
	✓ MenB-FHb age 16-23	
	✓ Suggested for certain individuals at risk	
	✓ Suggested for certain individuals at risk	
		✓ Single dose for ages 60+

Hepatitis B — The first dose should be administered 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 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 age 14 months through 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) — Refer to www.flu.gov or www.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 separated by four weeks.)

Measles, mumps, rubella (MMR) and varicella (chicken pox) — If you were born after 1957, you should have records of one or more doses of MMR vaccine unless you have a medical reason not to have the vaccine, or laboratory records of immunity to these diseases.

Human papillomavirus (HPV) — Eleven to 12-year-olds receive two doses of HPV vaccine at least six months apart. Teens and young adults who start the series later, at ages 15 through 26 years, will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infection.

Meningococcal — When given to healthy adolescents who are not at increased risk for meningococcal disease, 2 doses of MenB-FHbp should be administered at 0 and 6 months. If the second dose is given at an interval of less than 6 months, a third dose should be given at least 6 months after the first dose. For persons at increased risk for meningococcal disease and for use during serogroup B outbreaks, 3 doses of MenB-FHbp should be administered at 0, 1-2 and 6 months.

Pneumococcal 13-valent conjugate (PCV13)/pneumococcal polysaccharide (PPSV23) — Adults 65 years 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 dosing recommendation that is right for you.

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

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



The information in this document is for educational purposes only. It is not to be used as medical advice.

Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 1-844-521-6941 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su atención médica? ¿Necesita ayuda para leer lo que le enviamos o para hablar con nosotros? Llámenos al número gratuito 1-844-521-6941 (TTY 711) para conseguir esta información sin costo en otros idiomas o formatos.

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