

# 2011 Preventive Care Guidelines: To discuss with your Health Care Provider



## Children & Adolescents (Birth–18 years of age) Preventive Schedule

General Health Exams														
Physical Exam and Developmental Behavioral Assessment	Every visit													
Height and Weight	Every visit, BMI beginning at age 2													
Blood Pressure	Annually, beginning at age 3													
Vision and Hearing and Dental Screening	Annually, beginning at age 3													
Recommended Screening for at Risk Patients														
Cholesterol Screening	Annually, beginning at age 2													
Lead test, TB, Sickle Cell & Blood Sugar	As indicated by history and/or symptoms													
Chlamydia and STD Screening	As indicated by history and/or symptoms													
Anticipatory Guidance														
Injury/Violence Prevention	Annually, more often if indicated													
Nutrition/Physical Activity Counseling	Every visit													
Screen/Counseling for Tobacco, Alcohol and Substance Abuse	Every visit starting at age 14, earlier if indicated													
Immunizations*	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis A						2 doses, 2 months apart								
Hepatitis B	•	— • —				— • —								
Diphtheria, Tetanus, Pertussis (DTaP)			•	•	•		— • —			•				
Tetanus, Diphtheria, Pertussis (Tdap)											•			
Haemophilus Influenza Type B			•	•	•	— • —								
Inactivated Poliovirus			•	•		— • —				•				
Measles, Mumps, Rubella (MMR)						— • —				•				
Varicella						— • —				•				
Pneumococcal			•	•	•	— • —								
Influenza										•				
Rotavirus			•	•	•									
Meningococcal											•			
Human Papillomavirus (HPV) Given as a 3-dose series to females only											•			

— • — 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.

The prevalence of obesity among children and adolescents more than doubled in the past 20 years. Is your child at risk?

Childhood obesity may lead to health problems such as diabetes, heart disease, low self esteem and other health conditions.



### Tips to establish a healthy routine:

- Set up a well visit appointment to speak with your doctor about immunizations, BMI, physical activity and a nutritional plan.
- Offer plenty of fruits, vegetables and whole-grain products every day.
- Drink plenty of water and limit sweetened drinks.
- Limit screen time (TV and computer) to two hours or less per day.
- Encourage 30-60 minutes of physical activity every day and encourage your child to join in on family activities.

For more information, please visit:  
**American Academy of Pediatrics** [www.healthychildren.org](http://www.healthychildren.org);  
**Agency for Healthcare Research and Quality** [www.ahrq.gov](http://www.ahrq.gov);  
**Centers for Disease Control and Prevention** [www.cdc.gov](http://www.cdc.gov); **BAM Body and Mind** [www.bam.gov](http://www.bam.gov)

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## Adult (age 19+) Preventive Schedule\*

Routine Health Guide	
Physical exam including history, blood pressure, height, weight, BMI & waist circumference	Annually
Blood Sugar Test	Annually
Nutrition/Physical Activity Counseling	Annually
Dental Exam	Annually
Vision Exam	Discuss with your physician
Recommended Diagnostic Check-Ups	
Abdominal Aortic Aneurysm Check	One-time screening for men ages 65 to 75 who have ever smoked
Bone Mineral Density Screening	Women starting at age 65; if increased risk for fractures and osteoporosis, start at age 60
Cholesterol and Lipid Screening	Ages 35+: All Men: Annually
Colorectal Cancer Screening	Ages 50-75; With either a colonoscopy, fecal occult blood test or sigmoidoscopy
Mammogram	Annually at ages 40+ (per the American Cancer Society); Every other year at ages 50+ (per the U.S. Preventive Services Task Force)
Pap Test	Sexually active women or women age 21+, should have a Pap Test every year for 3 years with normal results; then one every 2-3 years thereafter: Over 65 discuss with your physician
Recommended Screening for at Risk Patients	
Chlamydia and other Sexually Transmitted Disease (STD) Screening	Sexually active, non-pregnant women age 24 and younger should be screened. Over age 24 talk with your physician.
Cholesterol and Lipid Screening	Ages 20+: Men & Women at increased risk: Annually
Prostate Cancer Screening	Discuss with your physician
Skin Cancer Screening	Discuss with your physician
Guidance	
Screen/Counseling for Depression, Tobacco, Alcohol and Substance Abuse	Every visit, as indicated
Injury/Domestic Violence Prevention	Every visit, as indicated
Immunizations*	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Ages 19+: Booster every 10 years
Influenza**	All Adults
Pneumococcal (polysaccharide)**	Ages 65+: 1 dose. By physician recommendation ages 19-64: 1 dose
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis A, Hepatitis B, Meningococcal	Ages 19+: if other risk factors are present
Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR) & Varicella	Physician recommendation based on past immunization or medical history

\*Some immunizations are contraindicated for certain conditions, including pregnancy and HIV infection. Consult AHRQ for a complete list, and discuss with your physician.

\*\* For select populations. Details on recommendations may be found on the Centers for Disease Control web site at [www.cdc.gov/vaccines/recs/schedules/default.htm](http://www.cdc.gov/vaccines/recs/schedules/default.htm).

## Live a Healthy Lifestyle

It's never too late to establish healthy habits and lower your risk for heart disease and other chronic conditions. Obesity is the second leading cause of preventable death in the United States.

- Eat more fruits and vegetables and choose low-calorie, high fiber foods.
- Get active and consult your physician on the appropriate amount of physical activity.
- Take advantage of preventive benefits included with your plan.
- Stay healthy; know and keep track of your numbers regularly for blood pressure, cholesterol (LDL & HDL) and Body Mass Index (BMI).

Be sure to verify your benefits for preventive services. These recommendations were developed as a guide for our members and are not intended to replace your physician's judgment.

Sources:

[www.ahrq.gov](http://www.ahrq.gov)  
[www.cancer.org](http://www.cancer.org)  
[www.cdc.gov](http://www.cdc.gov)



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