

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

General Health Exams														
Physical Exam and Developmental Behavioral Assessment	Every visit													
Body Mass Index (BMI): Height & 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 Screenings 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 12, 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, 12-23 months								
Hepatitis B	•	— • —				— • —								
Diphtheria, Tetanus, Pertussis (DTaP)			•	•	•		— • —		•					
Tetanus, Diphtheria, Pertussis (Tdap)										•				
Haemophilus Influenza Type B			•	•	•	— • —								
Inactivated Poliovirus			•	•		— • —			•					
Measles, Mumps, Rubella (MMR)						— • —			•					
Varicella						— • —			•					
Pneumococcal			•	•	•	— • —								
FLU (Influenza)									(Annually)					
Rotavirus			•	•	•									
Meningococcal											•			
Human Papillomavirus (HPV)											•			

— • — 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;
Agency for Healthcare Research and Quality www.ahrq.gov;
Centers for Disease Control and Prevention www.cdc.gov; **BAM Body and Mind** www.bam.gov

2012 Preventive Care Guidelines: To discuss with your Health Care Provider



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 Checkups	
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 or older; and in younger women who have an increased risk
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 Screenings 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
FLU (Influenza)	Annually
Pneumococcal	Ages 19-64: 1 dose by doctor recommendation; Ages 65+: 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.

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
www.cancer.org
www.cdc.gov



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2012 Preventive Care Guidelines: To discuss with your Health Care Provider



Men (age 65) 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/Glaucoma Exam	Annually

Recommended Diagnostic Checkups & Screenings for At-Risk Patients

Abdominal Aortic Aneurysm Check	One-time screening for men ages 65 to 75 who have ever smoked
Colorectal Cancer Screening	Ages 50-75; Either a colonoscopy, fecal occult blood test or sigmoidoscopy
Sexually Transmitted Disease (STD) Screening & Counseling	Annually
Cholesterol and Lipid Screening	Once every 5 years; more frequently if at risk
Prostate Cancer Screening	Discuss with your physician
Skin Cancer Screening	Discuss with your physician
Hearing Test	Discuss with your physician

Guidance

Screen/Counseling for Depression, Obesity, Tobacco, Alcohol and Substance Abuse	Every visit, as indicated
Fall Risk/Unintentional Injury	Every visit, as indicated
Domestic Violence Prevention	Every visit, as indicated
Urinary Problems	Every visit, as indicated
Aspirin Counseling	Discuss with your physician
Advance Directives	Annually

Immunizations*

Tetanus (Td)	Ages 65+: every 10 years
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Only once as an adult
FLU (Influenza)	Annually
Pneumococcal	Ages 65+: 1 dose
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B	Discuss risk factors with your physician

We're here to help.

Online: Looking for Medicare Coverage?* Visit us online at www.bluemedicarefl.com. If you're already a member, look for the [MyBlueService](#) link to log in to our member website. You'll find your Medicare benefits, free health programs and helpful tools.

In person: Our Florida Blue centers are open Monday-Saturday, 10 AM to 8 PM. Visit www.FloridaBlue.com for locations.

By phone: Looking for Medicare coverage? Call **1-877-465-1125**. If you're already a member, call Member Services at **1-800-926-6565**. (TTY dial **1-800-955-8771**).

*Medicare Supplement insurance policies are not connected with or endorsed by the U.S. government or the Federal Medicare program. Plan benefits and premium will vary depending upon the plan selected. Exclusions and limitations may apply.

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

2012 Preventive Care Guidelines: To discuss with your Health Care Provider

Women (age 65) 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/Glaucoma Exam	Annually
Recommended Diagnostic Checkups & Screenings for At-Risk Patients	
Bone Mineral Density Screening for Osteoporosis	Women starting at age 65 or older; and in younger women who have an increased risk
Colorectal Cancer Screening	Ages 50-75; Either a colonoscopy, fecal occult blood test or sigmoidoscopy
Mammogram	Annually until age 75; After age 75, discuss with your physician
Pap Test/Pelvic Exam	65+: Discuss with your physician
Sexually Transmitted Disease (STD) Screening & Counseling	Annually
Cholesterol and Lipid Screening	Once every 5 years; more frequently if at risk
Skin Cancer Screening	Discuss with your physician
Hearing Test	Discuss with your physician
Guidance	
Screen/Counseling for Depression, Obesity, Tobacco, Alcohol and Substance Abuse	Every visit, as indicated
Fall Risk/Unintentional Injury	Every visit, as indicated
Domestic Violence Prevention	Every visit, as indicated
Urinary Problems	Every visit, as indicated
Aspirin Counseling	Discuss with your physician
Advance Directives	Annually
Immunizations*	
Tetanus (Td)	Ages 65+: every 10 years
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Only once as an adult
FLU (Influenza)	Annually
Pneumococcal	Ages 65+: 1 dose
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B	Discuss risk factors with your physician



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
www.medicare.gov
www.cdc.gov

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