



### Take an easy step towards good health

The number one way to help yourself and your family stay healthy is with preventive care. When combined with healthy eating and exercise, vaccines and early detection are your key to a long and healthy life. That's why your employer offers many preventive treatments at no cost to you when you visit a doctor in your network.

### Wellness and preventive care

The following is a list of preventive care guidelines published by the Centers for Disease Control (CDC) and Prevention.

#### Adult Preventive Guidelines For Pregnant Women



| Exam                   | Frequency                 | To check for                 |
|------------------------|---------------------------|------------------------------|
| Preeclampsia screening | As indicated by physician | Signs of preeclampsia        |
| Blood pressure         | Throughout pregnancy      | Signs of high blood pressure |

## Pediatric Preventive Guidelines: Birth–24 Months



| Exam                                  | Frequency  |
|---------------------------------------|--|
| Height and weight, head circumference | Birth to 18–24 months  |
| Immunizations                         | Refer to CDC guidelines  |
| Recommended well visits               | Birth to 15 months: At least 6 visits<br>15 to 24 months: 3 visits |
| Hearing exam                          | At birth   |

## Pediatric Preventive Guidelines: 2–6 Years



| Exam   | Frequency                    |
|--|------------------------------|
| Height and weight, blood pressure (over 4 years) | As scheduled by pediatrician |
| Immunizations                                    | Refer to CDC guidelines      |

## Pediatric Preventive Guidelines: 7–12 Years



| Exam                              | Frequency  |
|-----------------------------------|--|
| Height and weight, blood pressure | As scheduled by pediatrician   |
| Immunizations                     | Refer to CDC guidelines  |
| Recommended well visits           | Refer to CDC guidelines  |
| Anticipatory guidance             | Diet and exercise, substance abuse (tobacco, alcohol and other drugs), sexual practices (pregnancy and STDs), injury prevention (safety belts, safety helmets, firearms, violent behavior), dental health, skin protection for UV light and suicide risk factors |



## Adult Preventive Guidelines: Female Only

| Exam                      | Frequency   | To check for                     |
|---------------------------|---|----------------------------------|
| Mammography               | Bi-annually, between 50–74 years of age   | Lumps                            |
| Pelvic exam and pap smear | Every 3 years, or as needed, beginning within 3 years of becoming sexually active, or at age 21 | Any changes in the female organs |
| Bone density              | As needed, beginning at age 65, or earlier if risk factors for osteoporosis are present         | Signs of osteoporosis            |



## Adult Preventive Guidelines: Male Only

| Exam          | Frequency   | To check for    |
|---------------|---|-----------------|
| Prostate exam | You are age 50 or older, discuss with your doctor | Prostate cancer |



## Adult Preventive Guidelines: Male and Female

| Exam                   | Frequency  | To check for   |
|------------------------|--|--|
| Height, weight and BMI | Yearly, or as needed   | Being underweight or overweight                                  |
| Blood pressure         | Yearly, or as needed beginning at age 18 (High blood pressure is greater than 140/90)  | Signs of high blood pressure                                     |
| Fecal occult blood     | Yearly, or as needed, beginning at age 50  | Blood in the colon   |
| Blood sugar (glucose)  | Every 3 years for adults at low risk. Yearly for those at high risk  | Signs of diabetes  |
| Cholesterol            | Every 5 years, for men aged 35 and older, and men and women at high risk aged 20 and older   | High cholesterol levels (risk factor for coronary heart disease) |
| Sigmoidoscopy          | Every 5 years, beginning at age 45, or as needed   | Early signs of colon cancer                                      |
| Colonoscopy            | Regular screening for adults age 45 to 75 or earlier if family history of colon cancer and/or risk factors are present, discuss with your doctor | Early signs of colon cancer                                      |
| Electrocardiogram      | As needed  | Any signs of blockage and to check your heart rate or rhythm     |



## Adult Preventive Immunization Guidelines: Male and Female



| Immunizations                | Frequency  |
|------------------------------|--|
| Pneumococcal                 | 1-2 between 19 to 64, revaccinate at age 65  |
| Tetanus-Diphtheria-Pertussis | Beginning at age 19, then every 10 years   |
| Influenza (flu shot)         | Annually   |
| Hepatitis A, Hepatitis B     | As indicated by physician  |
| Meningococcal                | Once for first year college students living in a dormitory, or as indicated by physician |
| Herpes Zoster                | Once at age 60   |
| HPV                          | May be given up to age 26 for those who have not yet completed the vaccine series        |
| Measles/Mumps/Rubella        | 1-2 doses for adults ages 18 to 55 if no evidence of immunity                            |
| Varicella                    | Twice for adults, if no evidence of immunity   |

## Adult Preventive Counseling Guidelines: Male and Female



| Exam                                | Frequency  | To check for    |
|-------------------------------------|--|-----------------|
| Depression screen/stress management | The American Academy of Pediatrics recommends depression screening for adolescents beginning at age 11. At this time, there is no definitive guidance on how frequently someone should be screened for depression. | Behavior issues |



For more information about preventive care, you can visit the website for the United States Department of Health and Human Services at: <http://healthfinder.gov/myhealthfinder>.

You can also visit <https://www.hrsa.gov/womens-guidelines> and <https://www.healthcare.gov/what-are-my-preventive-care-benefits>

**If you have questions, we can help. Simply call Meritain Health® Customer Service at 1.866.300.8449 or 1.602.789.1170.**

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