Preventive health guidelines As of April 2011

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 (health care provider) 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 customer care number on your ID card. You also can check **anthem.com** to learn about health topics from child care to zinc.

The content in this guide is based in part on suggestions from these independent groups:

- · AAFP American Academy of Family Physicians
- · AAP American Academy of Pediatrics
- · ACIP Advisory Committee on Immunization Practices
- · ACOG American College of Obstetrics and Gynecology
- · ACS American Cancer Society
- · ATP III/NCEP Adult Treatment Panel III/National Cholesterol Education Program
- · 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.

Please see your plan handbook to check on your plan benefits.



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. Also, you might want to talk to a doctor before your baby is 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, health, healthy eating and development. At these exams, your baby may get vaccines and these screenings:

				Age (in months)							
Screenings	birth	1	2	4	6	9	12	15	18	24	
Hearing	as a newborn and when your doctor suggests										
Weight, length and head circumference (the length around the head)	at each visit										
Hemoglobin or hematocrit (blood count)		once betwe 9 and 12									
Lead testing unless you are sure the child has not been around lead							at 12			at 24	
Development and behavior	at each visit										
Oral/dental health					at 6	at 9	at 12		at 18	at 24	
Autism									at 18	at 24	

Well-child exam — ages 2¹/₂ to 10 years*: You may get advice about how to keep your child safe, how to prevent injuries, good health, healthy eating and development. At ages 3 and 6, a referral to a dentist may be suggested. At these well-child exams, your child may get vaccines and these screenings:

				Ag	ge (in ye	ars)				
Screenings	2 ¹ / ₂	3	4	5	6	7	8	9	10	
Blood pressure	each year starting at 3 years									
Vision	each year									
Hearing	each year									
Height, weight, body mass index (BMI)**		each year								
Development and behavior		at each visit								
Oral/dental health	at 2 ¹ / ₂									

Well-child exam — ages 11 to 18 years*: The doctor may talk to you about health and wellness issues. These include healthy eating, exercise, healthy weight, how to prevent injuries, avoiding tobacco, alcohol and drugs, sexual behavior, dental health, mental health and secondhand smoke. At these exams, your child may get vaccines and these screenings:

				Age (i	n years)	s) 16 17 18									
Screenings	11	12	13	14	15	16	17	18							
Blood pressure				each	ı year										
Vision				each	ı year										
Hearing	each year														
Height, weight, BMI**	each year														
Chlamydia		for sex	ually acti	ive wom	en aged	25 and y	ounger/								
Development and behavior				each	year										

^{*}This guide is for people with average risk. Some people may be at higher risk for health issues due to their family health history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.

^{**}Height and weight is used to find BMI. BMI for children is based on gender and age. It is used to see if a person is underweight, overweight or at risk for overweight. BMI for adults is used to see if a person is overweight or obese.

Adult screenings — women*

Well-person exam: The doctor may talk with you about health and wellness issues. These include healthy eating, exercise, family planning for ages 19-39 and folic acid for women who are of the age to get pregnant, how to prevent injuries, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, sexual behavior, dental health and mental health. At this visit, you may get vaccines and these screenings:

	Age (in years)
Screenings	19 20 25 30 35 40 45 50 55 60 65 and older
Blood pressure	each year or as your doctor suggests
Height, weight	each year or as your doctor suggests
BMI	each year or as your doctor suggests
Cholesterol	every 5 years starting at age 20 with more screenings as your doctor suggests
Colorectal cancer	at age 50, your doctor may suggest one of these test options: 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every 5 years 3. Both #1 and #2 4. Double-contrast barium enema every 5 years 5. Colonoscopy every 10 years 6. CT colonography may take the place of a colonoscopy in some cases
Hearing	when doctor suggests
Breast cancer: self-exam	each month from age 19 to 65+
Breast cancer: doctor exam	every 2 to 3 years each year from age 40 to 65+
Breast cancer: mammogram	each year from age 40 to 65+
Cervical cancer: ages 19-29	each year starting within 3 years of sexual activity or age 21 (whichever comes first)
Cervical cancer: ages 30-69	every 2 to 3 years for women with 3 normal Pap tests in a row
Cervical cancer: ages 70+	with 3 or more normal Pap tests in a row and no abnormal Pap tests in the last 10 years, women may stop having this screening
Chlamydia	sexually active women ages 25 and younger
Osteoporosis	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

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Pregnant women*

Pregnant women should see their doctor or OB/GYN in their first three months 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:

- Hematocrit/hemoglobin (blood count)
- · Syphilis
- · 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
- · Hepatitis B
- · **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.

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.

- · 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
- · Amniocentesis
- · Chorionic villus sampling

Vaccines:

If you are pregnant in flu season (October to March) your doctor may want you to have the inactivated flu vaccine. You may need the tetanus, diphtheria, pertussis (Tdap) vaccine if you have not had it before. 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

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Adult screenings — men*

Well-person exam: The doctor may talk with you about health and wellness issues. These include healthy eating, exercise, family planning for ages 19-39, how to prevent injuries, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, sexual behavior, dental health and mental health. At this visit, you may get vaccines and these screenings:

		Age (in years)											
Screenings	19	20	25	30	35	40	45	50	55	60	65 and older		
Blood pressure		each year or as your doctor suggests											
Height, weight					each	n year o	or as yo	our do	ctor su	ıggest	ts		
BMI					each	ı year (or as yo	our do	ctor su	ıggest	ts		
Cholesterol		every 5 years starting at age 20 with more screenings as your doctor suggests											
Colorectal cancer								at age 50, your doctor may suggest one of these test options: 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every 5 years 3. Both #1 and #2 4. Double-contrast barium enema every 5 years 5. Colonoscopy every 10 years 6. CT colonography may take the place of a colonoscopy in some cases					
Prostate cancer								if you are 50 or older, discuss with your doctor the risks and benefits of the prostate cancer tests					
Abdominal aortic aneurysm											one time for ages 65-75 for those who have ever smoked		
Hearing											when your doctor suggests		

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Suggested vaccine schedule*

					I	1	Age					1	1		1
Vaccine	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	19-49 years	50-64 years	65+ years
Hepatitis B	~	V		see note		~				-		_			
Rotavirus (RV)			✓ 2-dos	e or 3-dose	series**										
Diphtheria, tetanus, pertussis (DTaP)			•	·	•			~		~					
Tetanus, diphtheria, pertussis (Td/Tdap)											√ Tdap		Td boos	ter every	10 years
Haemophilus influenza type b (Hib)			✓ 3	-dose or 4-	dose serie	S***									
Pneumococcal conjugate (PCV)			•	·	•		~								
Inactivated polio virus (IPV)			•	•		•				•					
Influenza							✓ su	ggested e	each year	from 6 n	nonths to	65+ years	s of age		
Measles, mumps, rubella (MMR)							~			~					
Varicella (chicken pox)							~			~					
Hepatitis A							~	2-dose ser	ies						
Human papillomavirus (HPV)											3-dose series				
Meningococcal											~				
Pneumococcal polysaccharide (PPSV)													sugge for smol asthmat	kers and	1 lifetime dose
Zoster														1 sing for ag	le dose es 60+

✓ Shows when vaccines are suggested

Note: Get this vaccine at this age, only if the combination vaccine is used after the birth dose.

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.

Td (adults) - Adults should have one dose of Tdap.

Flu - Refer to flu.gov or 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.)

Measles, mumps, rubella (MMR) and varicella - If you are 19 years of age or older and you have no proof you had these vaccines and you have never had these illnesses, then you should get these vaccines.

HPV - This vaccine is for girls 11 to 12 years of age, but it may be given as early as 9 years of age. Girls and women aged 13 through 26 who have not had the vaccine, should talk to their doctor about a catch-up vaccine. HPV may be given to males aged 9 through 26 years to lessen their chance of getting genital warts.

Meningococcal vaccine - Two doses of this vaccine are given. The first dose at 11 or 12 years of age and the next dose at 16.

Pneumococcal conjugate (PCV) - The suggested vaccine has changed. Children 14 to 59 months who had all of the PCV vaccine series, may need an extra vaccine shot at their next visit.*

*Children 14 to 59 months who had all of the PCV vaccine series with 7-valent pneumococcal conjugate vaccine (PCV7) should get 1 more dose of 13-valent pneumococcal conjugate vaccine (PCV13) at their next visit.

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^{**}Rotavirus - 2-dose or 3-dose series; depends on brand of vaccine used

^{***}Haemophilus influenza type b (Hib) - 3-dose or 4-dose series; depends on brand of vaccine used

^{****}Pneumococcal polysaccharide (PPSV) for smokers and asthmatics – give 1 dose if never got the vaccine or if don't know vaccine history

To learn more about your plan, please see anthem.com.

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

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