

2020 General Wellness Guidelines: To Discuss With Your Health Care Provider

Adult (Age 19+) Wellness Schedule

Routine Health Guide	
Annual Wellness and Routine Check-up	Visit your doctor each year and discuss your specific health issues / screenings. Screen all for depression (include pregnant and postpartum women).
Obesity Screening: Diet / Physical Activity / BMI Counseling	Annually. For BMI 30 or above, multicomponent behavioral interventions to promote a healthy diet and physical activity should be offered. For obese or overweight adults age 40 to 70, also screen for abnormal blood glucose as part of cardiovascular risk assessment.
Vision and Dental Exam	Get regular eye and dental exams. For issues such as decreased vision, draining or redness, pain, double vision, floaters, flashes of light or halos around lights, see your eye doctor right away. Any questions on frequency of vision or dental exams, ask your doctor.
Blood Pressure (BP)	Adults should be screened for high BP at least annually. If BP taken in a medical setting induces anxiety and causes a high BP, take another reading outside of that setting, unless it is clear that treatment should begin right away.
Recommended Diagnostic Checkups and Screenings for At-Risk Patients	
Abdominal Aortic Aneurysm (Men)	One-time AAA screening with ultrasonography in men ages 65 to 75 who have smoked.
Bone Mineral Density (BMD) Test (Women)	<ul style="list-style-type: none"> BMD test also called a DEXA scan (low dose x-ray), for most women starting at age 65 to test for osteoporosis, with follow-up at intervals determined by your doctor. Test before age 65 if at risk for osteoporosis (ask your doctor). If the test shows fragile bones, your doctor will consider prescribing a medication for osteoporosis.
Lipid Profile (Cholesterol and Triglycerides)	<p>Screen age 40 to 75 years. Your doctor will determine whether screening is necessary if you are age 20 to 39 years.</p> <p>Adults with no history of cardiovascular disease (CVD) can use a low to moderate dose statin for prevention of CVD events when all of the following are met:</p> <ul style="list-style-type: none"> (1) Age 40 to 75 (2) 1 or more CVD risk factors (i.e. dyslipidemia, diabetes, hypertension, or smoking) (3) A calculated 10-year risk of a cardiovascular event of 10% or greater.
Colon Cancer	<p>Screen for colorectal cancer starting at age 45 and continuing until at least age 75.* <u>One</u> of the following:</p> <ul style="list-style-type: none"> Colonoscopy every 10 years; flexible sigmoidoscopy every 5 years; Cologuard every 3 years; or fecal occult blood test (FOBT) annually.
HIV and other Sexually Transmitted Infections (STIs)	<ul style="list-style-type: none"> HIV: Screen ages 15 to 65, or anyone else at increased risk. Also all pregnant women. Chlamydia and Gonorrhea: Screen sexually active women age 24 and younger and older women at increased risk for infection (can be a urine test).
Lung Cancer	<p>Talk to your doctor about annual screening by low-dose CT scan for ages 55 to 80 with a 30 pack-year smoking history and currently smoke, or have quit within the past 15 years. Discontinue screening once you have not smoked for 15 years.</p> <ul style="list-style-type: none"> Coverage depends on your benefit plan. Please call Member Services at (386) 615-4022 to determine your cost.
Mammogram (Women)	<ul style="list-style-type: none"> Every 1 to 2 years starting at age 50 up to age 74.* For women age 40 to 49, discuss the benefits and risks with your doctor. BRCA testing for those at risk (check with your doctor).
Pap Smear (Women)	<ul style="list-style-type: none"> Age 21 to 65 have a Pap smear alone every 3 years (also known as cytology) to look for cervical cancer. Age 30 to 65 may instead every 5 years have high-risk human papillomavirus (hrHPV) test alone, OR hrHPV in combination with Pap smear (co-testing). <p>Not needed if you had a hysterectomy with removal of the cervix, and no history of cancer. Stop at age 65 unless increased risk (see your doctor).</p>

Recommended Diagnostic Checkups and Screenings for At-Risk Patients

Prostate Cancer (Men)	Discuss the risks and potential benefits of screening with your doctor.
Skin Cancer	Ages 6 months to 24 years with fair skin should minimize exposure to ultraviolet (UV) radiation to reduce risk. All ages with concerns, discuss with your doctor.

Other Important Guidance From Your Doctor

Screening / Counseling for Depression, Tobacco, Alcohol, Substance Abuse, and Pregnancy	Every visit, or as indicated by your doctor.
Fall Risk / Domestic Violence Prevention / Seat Belt Use	Discuss overall safety precautions, risk for intimate partner violence, and fall prevention (older adults) with your doctor.
Medications for Potential Interactions	Bring your list for review every visit, or as indicated by your doctor. Be sure to include over-the-counter, supplements, and vitamins in your discussion.
Advance Directives / Living Will	Be sure to have an up-to-date living will, a legal document with instruction about if or when life-support treatments should be withheld or withdrawn.

Children and Adolescents (Birth – 18 Years of Age)

Routine Health Guide

Wellness Exam, and Autism / Development Behavioral Assessment	Frequent Wellness Check-ups Newborn to age 3. Annual Wellness Check-up age 3 to 18. Autism-specific screening ages 18 and 24 months.
Body Mass Index (BMI): Ht and Wt	Every visit: Height / Weight / BMI beginning at age 2. Screen for obesity age 6 to 18 and offer comprehensive behavioral interventions.
Blood Pressure	Annually, beginning at age 3.
Hearing / Dental / Vision Screenings	Hearing: Newborn, then annually beginning age 4. Dental: Regularly beginning age 1. Vision: Annually beginning age 3.

Recommended Screenings / Guidance

Lead, TB, Sickle Cell, and Blood Sugar	Screening may be indicated based on various factors. Check with your doctor.
HIV and other STIs	Discuss with the doctor based on behavioral risks.
Diet / Physical Activity / Emotional Well-Being Counseling	Every visit.
Tobacco / Alcohol / Substance Abuse / Depression / Pregnancy	Screening / Counseling every visit beginning age 11. Depression screening beginning age 12. Talk to your doctor about any specific concerns.

Be sure to review your plan benefits to determine your cost / co-pay for any service listed here.

These guidelines are recommendations from the organizations listed below and were not developed by FHCP:

U.S. Preventive Services Task Force, January 2020: <https://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations>

*American Cancer Society: <https://www.cancer.org/>; www.ahrq.gov; www.cdc.gov; www.aap.org

FOR IMMUNIZATIONS PLEASE GO TO: CDC 2020 Immunization Schedules for children/adults: <https://www.cdc.gov/vaccines/schedules/index.html>