

PREVENTIVE GUIDELINES

To stay healthy, it is important to get the care you need. The table below provides information on screenings, immunizations and gender specific recommendations.

SCREENINGS

Weight & Body Mass Index (BMI)	<ul style="list-style-type: none"> Adults should be screened for obesity. Those with a BMI of 30 or above should be offered interventions to promote healthy diet and physical activity.
Blood Pressure (BP)	<ul style="list-style-type: none"> Adults should be screened for high BP (140/90 or greater). If a BP measurement taken in a medical setting indicates high BP, additional monitoring should be done outside of that setting for diagnostic confirmation, unless it is clear that treatment should begin right away.
Cholesterol, Triglyceride, HDL/LDL	<ul style="list-style-type: none"> Adults without a history of cardiovascular disease (CVD) use a low to moderate dose statin for the prevention of CVD events and mortality when all of the following criteria are met: 1) age 40 to 75; 2) 1 or more CVD risk factors (ie, dyslipidemia, diabetes, hypertension, or smoking); and 3) a calculated 10-year risk of a cardiovascular event of 10% or greater. Identification of dyslipidemia and calculation of 10-year CVD event risk requires universal lipids screening in adults aged 40 to 75 years.
Colon Cancer	<ul style="list-style-type: none"> Screen for colorectal cancer starting at age 50 and continuing until age 75.
HIV	<ul style="list-style-type: none"> Age 15 to 65, or anyone else at increased risk. Also all pregnant women.
Lung Cancer	<ul style="list-style-type: none"> Each year, talk to your doctor about a low-dose CT scan if you are age 55 to 80 and currently a heavy smoker (1 pack per day/last 30 years or 2 packs per day/last 15 years), or a heavy smoker who quit in the last 15 years. Discontinue screening once you have not smoked for 15 years. Coverage depends on your benefit plan. Please call Member Services at (386) 615-4022 to determine your cost.

SCREENING RECOMMENDATIONS FOR WOMEN

Mammogram	<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 (Cytology)	<ul style="list-style-type: none"> Every 3 years age 21 to 65 have a Pap test to look for cervical cancer. Every 5 years age 30 to 65 if both cytology & HPV testing are done & you are not high risk. Not needed if you had a hysterectomy with removal of the cervix, and no history of cancer. Stop at age 65 unless increased risk (check with your doctor).
Chlamydia & Gonorrhea	<ul style="list-style-type: none"> All sexually active women age 24 & younger, and in older women at increased risk for infection (can be a urine test). Screening intervals based on new or persistent risk factors.
Bone Mineral Density (BMD)	<ul style="list-style-type: none"> BMD test called a DXA scan (low dose x-ray) starting at age 65 to test for osteoporosis; follow-up every 2 years. Test before age 65 if at risk for osteoporosis (ask your doctor).

SCREENING RECOMMENDATIONS FOR MEN

Prostate Cancer	<ul style="list-style-type: none"> Discuss the risks and potential benefits of screening with your doctor.
Abdominal Aortic Aneurysm (AAA)	<ul style="list-style-type: none"> Age 65 to 75: One-time AAA screening with ultrasonography if you have ever smoked.

The above Wellness Guidelines were obtained from *Published Recommendations*. U.S. Preventive Services Task Force, Current as of April 2017. <https://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations>.

Recommended 2017 Immunization Schedules for children birth to 6 years, preteens and teens ages 7-18, and adults may be found at the following link: <http://www.cdc.gov/vaccines/schedules/easy-to-read/index.html>