

2021 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).
Healthy Diet / Physical Activity	In adults w/ cardiovascular disease risk factors (overweight, obese, diabetes, HTN, dyslipidemia, sedentary, poor diet), offer behavioral counseling for healthy diet and physical activity. BMI 30 plus offer intensive multicomponent interventions. Age 40-70 and overweight or obese, screen for abnormal blood sugar.
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)	Screen adults for high BP at least annually if 40 and older, or at increased risk. Ages 18-39 w/ normal BP and no risk factors, rescreen every 3-5 years. If BP in medical setting induces anxiety and 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 ever 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)	Screen ages 40 to 75 years. Your doctor will determine whether screening is necessary if you are 20 to 39 years of age. 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: <ul style="list-style-type: none"> (1) Age 40-75 (2) 1 or more CVD risk factors (i.e. dyslipidemia, diabetes, HTN, smoking) (3) Calculated 10-year risk of cardiovascular event \geq 10%.
Colon Cancer	Screen for colorectal cancer starting at age 45 and continuing until at least age 75. <u>One</u> of the following: <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.
Screening for Sexually Transmitted Infections (STIs)	<u>HIV</u> : Ages 15-65 and anyone else at risk, and all pregnant women. <u>Hep B</u> : Anyone at increased risk for infection, and all pregnant women at 1 st prenatal visit. <u>Hep C</u> : Adults ages 18 to 79. <u>Chlamydia and gonorrhea</u> : Sexually active women age 24 and younger, and older women at increased risk (can be a urine test). Behavioral counseling is recommended for all sexually active adolescents and for adults who are at increased risk for STIs.
Lung Cancer	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. <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 ages 40 to 49, discuss the benefits and risks with your doctor. BRCA testing for those at risk (check with your doctor). Clinicians can offer to prescribe risk-reducing medication to women 35 and older at increased risk.
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). 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).

Recommended Diagnostic Checkups and Screenings for At-Risk Patients

Prostate Cancer (Men)	Discuss the risks and benefits of screening with your doctor. PSA-based screening generally not recommended for ages 70 and older.
Skin Cancer	Ages 6 months-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 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.
Blood Pressure	Annually, beginning at age 3.
Hearing / Dental / Vision Screenings	Hearing: Newborn, then annually beginning age 4. Dental: Regularly beginning age 1. Vision: At least once ages 3 to 5 to detect amblyopia or its risk factors.

Recommended Screenings / Guidance

Lead, TB, Sickle Cell, 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	Screen for obesity and adequate exercise every visit 6 years and older, and offer or refer to comprehensive, intensive behavioral interventions to promote healthy weight and activity if appropriate.
Tobacco / Alcohol / Substance Abuse / Depression / Pregnancy	Screening/counseling every visit beginning age 11, including education to prevent initiation of tobacco use among school-aged children and adolescents. 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 include recommendations from the organizations listed below as of January 2021 and were not developed by FHCP:

U.S. Preventive Services Task Force: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations>

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

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