

2014 Preventive Care Guidelines: To discuss with your Health Care Provider



In the pursuit of health™

Adult (age 19+) Preventive Schedule Be sure to verify your benefits for preventive services.

Routine Health Guide

Physical exam including history, blood pressure, blood sugar screening for diabetes, height, weight, BMI & waist circumference	Annually, at Well Care Visit
Nutrition/Physical Activity Counseling	Annually
Dental Exam	Annually (These services may not be covered by your medical benefits plan. Check your plan documents.)
Vision Exam	Discuss with your physician (These services may not be covered by your medical benefits plan. Check your plan documents.)

Recommended Diagnostic Checkups

Abdominal Aortic Aneurysm Check	One-time screening for men ages 65 to 75 who have ever smoked
Bone Mineral Density Screening	Women starting at age 65 or older; and in younger women who have an increased risk
Cholesterol and Lipid Screening	Ages 35+: All Men: Annually
Colorectal Cancer Screening	Ages 50-75; With either a colonoscopy, fecal occult blood test or sigmoidoscopy
Mammogram	Annually at ages 40+ (per the American Cancer Society); Every other year at ages 50+ (per the U.S. Preventive Services Task Force)
Pap Test	Women age 21-65 should have Pap Test every 3 years or women age 30-65 should have Pap Test/HPV combined testing every 5 years; Ages 65+: Discuss with your physician.

Recommended Screenings for At-Risk Patients

Chlamydia, HIV and other Sexually Transmitted Disease (STD) Screening and Counseling	As indicated by history and/or symptoms
Cholesterol and Lipid Screening	Ages 20+: Men & Women at increased risk: Annually
Prostate Cancer Screening	Discuss with your physician
Skin Cancer Screening	Discuss with your physician
Prevention of Falls	Discuss exercise, home safety and Vitamin D supplementation with your physician.

Guidance

Screen/Counseling: Depression, Tobacco, Alcohol, Substance Abuse and Injury/Domestic Violence Prevention	Every visit, as indicated
Advance Directives	Annually

Immunizations* (Routine Recommendations)

Tetanus, Diphtheria, Pertussis (Td/Tdap)	Ages 19+: Booster every 10 years
FLU (Influenza)	Annually during flu season
Pneumococcal**	Ages 19-64: if risk factors are present; Ages 65+: 1 dose (per CDC); Ages 50+: 1 dose (Florida Blue Benefits**)
Shingles (Zoster)**	Ages 60+: 1 dose (per CDC); Ages 50+: 1 dose (Florida Blue Benefits**)
Hepatitis A, Hepatitis B, Meningococcal	Ages 19+: if risk factors are present
Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR) & Varicella	Physician recommendation based on past immunization or medical history

* Some immunizations are contraindicated for certain conditions, discuss with your physician.

** Florida Blue Pharmacy benefits cover Shingles (Zostavax) and Pneumonia (Pneumovax) vaccine under Preventive Service benefit when services are rendered by an in-network pharmacy which administers these vaccines.

Live a Healthy Lifestyle

- Eat more fruits and vegetables and low-calorie, high fiber foods.
- Get active.
- Take advantage of preventive benefits.
- Keep track of your numbers: blood pressure, blood sugar level, cholesterol (LDL & HDL), and body mass index (BMI).
- Take time to talk with your doctor to develop a plan to help improve health issues and take control of your health.
- Find healthy recipes, health videos, topics, forums and other fun interactive health and wellness tools online. To get started:
 - Log in at floridablue.com
 - Click Health & Wellness
 - Select My Health from WebMD

We're here to help:

Call

Customer Service

1-800-FLA-BLUE (1-800-352-2583)
TTY/TDD Call 711

Care Consultant Team

1-888-476-2227

24-Hour Nurseline

1-877-789-2583

Click

Visit floridablue.com

Visit a Florida Blue Center

Go to floridabluecenters.com for locations or call 1-877-352-5830

Sources:

www.ahrq.gov
www.cancer.org
www.cdc.gov

Florida Blue is an Independent Licensee of the Blue Cross and Blue Shield Association.

2014 Preventive Care Guidelines: To discuss with your Health Care Provider

Children & Adolescents (Birth – 18 years of age) Preventive Schedule

General Health Exams

Physical Exam and Developmental Behavioral Assessment	Newborn up to age 3: Frequent Well Care Visits; Age 3-18: Annual Well Care Visit
Body Mass Index (BMI): Height & Weight	Every visit, BMI beginning at age 2
Blood Pressure	Annually, beginning at age 3
Hearing/Dental/Vision Screenings (These services may not be covered by your medical benefits plan. Check your plan documents.)	Hearing: Newborn then annually beginning at Age 4; Dental: Regularly, beginning at age 1; Vision: Annually, beginning at age 3

Recommended Screenings for At-Risk Patients

Cholesterol Screening	Annually, beginning at age 2
Lead test, TB, Sickle Cell & Blood Sugar	As indicated by history and/or symptoms
Chlamydia, HIV and other Sexually Transmitted Disease (STD) Screening and Counseling	As indicated by history and/or symptoms
Skin Cancer Screening	Discuss with your physician

Anticipatory Guidance

Injury/Violence Prevention	Annually, more often if indicated
Nutrition/Physical Activity Counseling	Every visit
Screen/Counseling for Tobacco, Alcohol and Substance Abuse	Every visit starting at age 12, earlier if indicated

Immunizations*	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis A						2 doses, 12-23 months								
Hepatitis B	•	— • —				— • —								
Diphtheria, Tetanus, Pertussis (DTaP)			•	•	•		— • —			•				
Tetanus, Diphtheria, Pertussis (Tdap)											•			
Haemophilus Influenza Type B			•	•	•	— • —								
Inactivated Poliovirus			•	•		— • —				•				
Measles, Mumps, Rubella (MMR)						— • —				•				
Varicella						— • —				•				
Pneumococcal			•	•	•	— • —								
FLU (Influenza)										•	(Annually during flu season)			
Rotavirus			•	•	•									
Meningococcal											•			• (booster)
Human Papillomavirus (HPV)											• (3 doses)			

— • — Represents a range of recommended ages. CARE FOR PATIENTS WITH RISK FACTORS: Appropriate testing should be done at the doctor's discretion, based on family history and personal risk factors.

* These are routine immunizations based upon cdc.gov recommendations. Range of recommended ages for catch-up or certain high-risk groups is at the doctor's discretion based on the member's family history and personal risk factors.



In the pursuit of health™

The prevalence of obesity among children and adolescents more than doubled in the past 20 years. Is your child at risk?

Childhood obesity may lead to health problems such as diabetes, heart disease, cancer, low self esteem and other health conditions.

Tips to establish a healthy routine:

- Set up a yearly well visit appointment to speak with your doctor about immunizations, BMI, physical activity and a nutritional plan.
- Offer at least five servings of fruits and vegetables every day.
- Drink plenty of water and limit sweetened drinks.
- Limit screen time (TV and computer) to two hours or less per day.
- Encourage at least one hour of physical activity every day and encourage your child to join in on family activities and/or school sports.

Be sure to verify your benefits for preventive services.

Sources:

www.healthychildren.org
www.ahrq.gov
www.cdc.gov & www.bam.gov

Florida Blue is an Independent Licensee of the Blue Cross and Blue Shield Association.

73394 1113