

Preventive Health Care Guidelines

CommunityConnect HealthPlan wants to help you and your family stay healthy. Routine visits to the doctor are important. These guidelines tell you about exams, screenings and vaccines that are helpful for infants, children, young adults and adults. **Please note that your plan may not cover everything listed in these guidelines.**

For questions about these guidelines, please call:

Member Advocate Call Center **1-888-279-1227**

TTY **1-800-947-3529**

TTY lines are for members with hearing or speech loss.

Guidelines for Healthy Adults – Women*

Adults should have routine visits with their doctor. Women need to have special tests at certain times in their lives. The charts below show which exams, screenings and vaccines should be done at which age. Take these charts with you to your doctor. Ask if you are up-to-date and if you need any other exams, tests, vaccines or advice.

VACCINES	Age When Vaccine Is Needed												
	19	25	30	35	40	45	50	55	60	65	70	75 and older	
Tetanus-Diphtheria (Td)							●						
	One dose every 10 years (all ages)												
Varicella (Chickenpox)							●						
	Women who have not had chickenpox or have not had the shot before: Two doses												
Measles, Mumps, Rubella (MMR)				●							●		
	One or two doses (ask your doctor)						Women at high risk: One dose						
Pneumococcal (PCV)						●						●	
	Women at high risk; One or two doses										1 dose		
Influenza (Flu)				●						●			
	Women at high risk; One dose yearly						One dose yearly						
Herpes Zoster												●	
	One dose												

*These charts were taken from the Agency for Healthcare Research and Quality Guide to Clinical Preventive Services (September 2008)¹, and from the most recent Centers for Disease Control and Prevention Recommended Adult Immunization Schedule (United States, January 2009)².

¹ <http://www.ahrq.gov/clinic/pocketgd.htm>

² <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5753a6.htm>

Guidelines for Healthy Adults – Women (continued)

	Age When Counseling or Screening Is Needed													
	19	25	30	35	40	45	50	55	60	65	70	75 and older		
COUNSELING														
Aspirin (to prevent heart disease)										●				
	When doctor recommends													
Tobacco Use, Drug and Alcohol Use, Sexually Transmitted Infections and HIV, Nutrition, Calcium Intake, Physical Activity, Sun Exposure, Oral Health, Injury Prevention and Using Too Many Medicines							●							
	When doctor recommends													
Folic Acid			●											
	Women of childbearing age													
SCREENINGS														
Office Visit Visit should include medical history, physical exam, height, weight, obesity and body mass index.		●				●					●			
		Every 1 to 3 years				Every 2 years					Every year			
Blood Pressure								●						
	Every 2 years if 130/85 or lower – more often if higher (all ages)													
Total Serum Cholesterol and HDL			●							●				
		Every 5 years starting at 20 years								When doctor recommends				
Pelvic Exam and Pap Smear (Cervical Cancer Screening)						●							●	
		Every year until 3 tests are normal, then every 1 to 3 years										Women with a new sexual partner		
Clinical Breast Exam			●							●				
		If at high risk, when doctor recommends								Every year				
Mammogram			●							●				
		If at high risk, when doctor recommends								Every 1 to 2 years				
Chlamydia	●								●					
	Yearly if sexually active								When doctor recommends					
Colorectal Cancer							●					●		
		When doctor recommends							One of these tests as doctor recommends: 1) Fecal occult blood test every year 2) Flexible sigmoidoscopy every 5 years 3) Double contrast barium enema every 5 years 4) Colonoscopy every 10 years					
Osteoporosis													●	
		When doctor recommends for women at risk of osteoporotic fractures												
Tuberculosis (TB)									●					
	Mantoux skin test for women at high risk when doctor recommends													
	19	25	30	35	40	45	50	55	60	65	70	75 and older		

Age When Counseling or Screening Is Needed

Guidelines for Pregnant Women*

These charts show which vaccines, tests, exams, advice and education may happen at each well visit before, during and after pregnancy. These guidelines are for low-risk pregnancies. Talk to your doctor if you have concerns about your pregnancy. Your doctor will decide what tests and exams you need.

Before Pregnancy

Screening and Tests

Medical History
Complete Physical
Blood Pressure
Height and Weight
Body Mass Index (BMI)
Domestic Abuse
Varicella (Chickenpox)
Risk Factors
Cholesterol and HDL
Cervical Cancer Screening
Rubella and Rubeola

Counseling and Education

Preterm Labor and Prevention
Smoking
Drug and Alcohol Use
Nutrition and Weight
Domestic Abuse
Medications, Herbal Supplements and Vitamins
Health Hazards at Work and in the Community
Accurate Recording of Menstrual Dates
Folic Acid - 400 Micrograms Daily (start taking at least one month before getting pregnant)

Lab Tests and Shots

Rubella Shot (at least 3 months before getting pregnant)
Measles, Mumps, Rubella (MMR)
Tetanus Booster
Hepatitis B Vaccine
Varicella Vaccine (at least 3 months before getting pregnant, if needed)
Screening for Sexually Transmitted Infections (STIs)
Screening for HIV (with consent)
Flu Shot

Visit 1 (6 to 8 Weeks)

Screening and Tests

Medical History
Complete Physical
Height and Weight
BMI
Estimated Date of Delivery
Domestic Abuse
Risk Factors
Cervical Cancer Screening

Counseling and Education

Smoking
Drug and Alcohol Use
Physical Activity
Sauna and Hot Tub Exposure
Nutrition, Vitamins and Folic Acid
Toxoplasmosis
Warning Signs
Signs of Labor
Type of Birth
Course of Care
Childbirth Classes
Fetal Activity
Changes in Pregnancy
Environment or Work Hazards
Lab Tests for Fetal Problems
Preterm Labor and Prevention

Lab Tests and Shots

Pregnancy Test
Complete Blood Count Hemoglobin
Blood Type and D Type
Antibody Screen
Urine Culture/Screen
HIV Screening (with consent)
Blood Lead Screening
Hepatitis
Tetanus Booster
ABO/RH/Ab
Rubella Test
Syphilis
Flu Shot
Varicella Test (if needed)

If Doctor Recommends:
Screening for Genetic Disorders
Screening for STIs
Blood Disorders
Tuberculosis

At Each Visit That Follows

Screening and Tests

Blood Pressure
Weight
Baby's Heartbeat (after 8 weeks)
Fundal Height (after 15 weeks)

Counseling and Education

Preterm Labor and Prevention
Prenatal and Lifestyle Education
Follow-up on Risk Factors
Changes in Pregnancy

Lab Tests and Shots

If Doctor Recommends:
Amnio/Chorionic Villus Sampling (8 to 18 weeks)
Karyotype
Amniotic Fluid

Visit 2 (10 to 12 Weeks)

Screening and Tests

Fetal Problems
Urine Test

Counseling and Education

Fetal Growth
Review Labs from Visit 1
Breastfeeding

Lab Tests and Shots

If Doctor Recommends:
Amnio/Chorionic Villus Sampling (8 to 18 weeks)
Karyotype
Amniotic Fluid

*These guidelines come from the Institute for Clinical Systems Improvement (ICSI)¹ and the American College of Obstetricians and Gynecologists (ACOG)².

¹ www.icsi.org

² www.acog.org

Guidelines for Pregnant Women (continued)

Visit 3 (15 to 18 Weeks)

Screening and Tests

Cervix Exam
Urine Test
Fetal Problems
Ultrasound (if doctor recommends)

Counseling and Education

Second Trimester Growth
Quickening (first fetal movements)
Umbilical Cord Blood Banking

Lab Tests and Shots

Flu Shot (if needed)
If Doctor Recommends:
Maternal Serum Alpha Fetoprotein/Multiple Markers

Visit 4 (22 Weeks)

Screening and Tests

Cervix Exam

Counseling and Education

Length of Stay in Hospital
RH Factor
Gestational Diabetes Mellitus (GDM)

Lab Tests and Shots

Visit 5 (24 to 28 Weeks)

Screening and Tests

Preterm Labor Risk
Cervix Exam
Domestic Abuse

Counseling and Education

Work
Registering at the Hospital
Anesthesia
Fetal Movement
Newborn Sleeping Position
Choosing the Baby's Doctor
Newborn Car Seat
Tubal Sterilization
Circumcision
Breast or Bottle Feeding

Lab Tests and Shots

Gestational Diabetes Mellitus (GDM)
Diabetes Screen
Glucose Tolerance Test (if diabetes screen is abnormal)
ABO/RH Antibody Status and Shots (if needed)
Hepatitis
Screening for STIs
If Doctor Recommends:
Complete Blood Count Hemoglobin

Visit 6 (32 Weeks)

Screening and Tests

Ultrasound (if doctor recommends)

Counseling and Education

What You Can and Can't Do When Pregnant
Choosing the Baby's Doctor
Labor and Delivery Issues
Warning Signs of Complications
Preparation for Discharge from Hospital
Sexual Activity
Travel

Lab Tests and Shots

Visit 7 (36 Weeks)

Screening and Tests

Cervix Exam
Check Fetal Position

Counseling and Education

Labor Precautions
Management of Late Pregnancy Symptoms
Birth Control
When to Call the Doctor
Postpartum Depression (depression after baby is born)
Care After Baby Is Born

Lab Tests and Shots

Culture for Group B Streptococcus

Visits 8 through 11 (37 Weeks to Delivery)

Screening and Tests

Cervix Exam

Counseling and Education

Labor and Delivery Update
Vaccines After Birth
Infant CPR
Late Delivery

Lab Tests and Shots

After the Birth

Screening and Tests

Office Visit for Mother 3 to 6 Weeks after Delivery

Counseling and Education

Breastfeeding
Birth Control

Lab Tests and Shots

We have a **Healthy Habits Count for You and Your Baby** prenatal program for all of our pregnant members. To find out more, call us. This program offers a free prenatal book with details on pregnancy and child care. Call and get your copy today.

Guidelines for Healthy Adults – Men*

Adults should have routine visits with their doctor. Men need to have special tests at certain times in their lives. The charts below show which exams, screenings and vaccines should be done at which age. Take these charts with you to your doctor. Ask if you are up-to-date and if you need any other exams, tests, vaccines or advice.

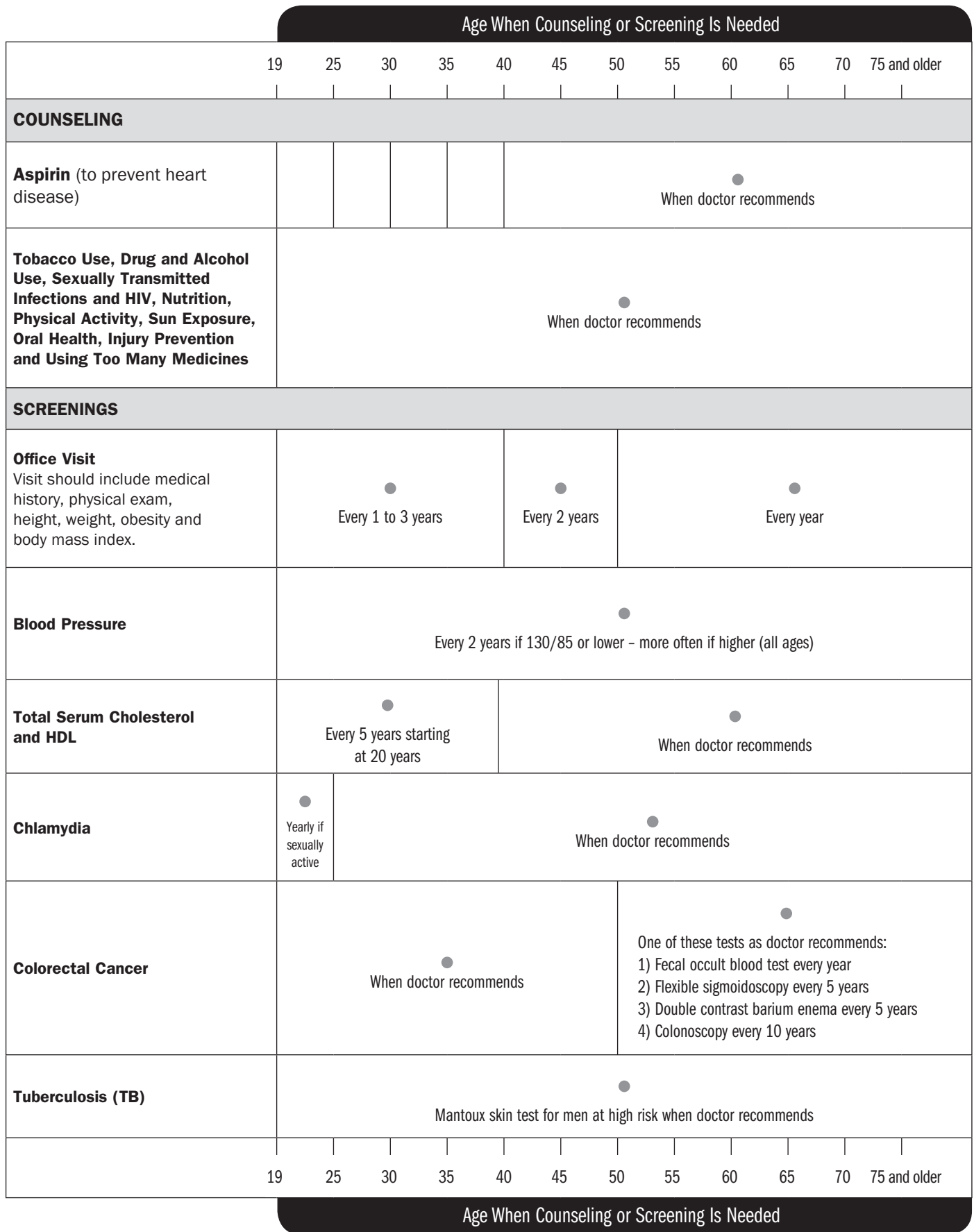
VACCINES	Age When Vaccine Is Needed												
	19	25	30	35	40	45	50	55	60	65	70	75 and older	
Tetanus-Diphtheria (Td)	● One dose every 10 years (all ages)												
Varicella (Chickenpox)	● Men who have not had chickenpox or have not had the shot before: Two doses												
Measles, Mumps, Rubella (MMR)	● One or two doses (ask your doctor)						● Men at high risk: One dose						
Pneumococcal (PCV)	● Men at high risk; One or two doses									● 1 dose			
Influenza (Flu)	● Men at high risk; One dose yearly						● One dose yearly						
Herpes Zoster												● One dose	

*These charts were taken from the Agency for Healthcare Research and Quality Guide to Clinical Preventive Services (September 2008)¹, and from the most recent Centers for Disease Control and Prevention Recommended Adult Immunization Schedule (United States, January 2009)².

¹ <http://www.ahrq.gov/clinic/pocketgd.htm>

² <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5753a6.htm>

Guidelines for Healthy Adults – Men (continued)



Guidelines for Healthy Children and Young Adults*

Children should visit their doctor on a routine basis for well-child exams. The chart below shows what ages these exams and other tests should take place. Your children may need other exams or tests due to their medical history. Talk to the doctor. During office visits, ask the doctor how to prevent injuries and violence. You should also ask how to manage behavior, eat right and what to expect as your child grows.

Checkups and Tests	Age When Checkup or Test Is Needed																	
	Birth	3-5 days**	By 1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	2 years	2 1/2 years	3 years	4-5 years	6-8 years	9-12 years	13-16 years	17-21 years
Well-Child Visit Every visit should include medical history, physical exam, height, weight, growth, vision and hearing tests, developmental tests and behavioral tests.	•	•	•	•	•	•	•	•	•	•	•	•	•			•		
Head Circumference	•	•	•	•	•	•	•	•	•	•	•							
Autism Screening										•	•							
Body Mass Index											•		•			•		
Blood Pressure													•			•		
Sickle Cell Test and Hereditary/Metabolic Screening (thyroid, PKU, galactosemia, hemoglobinopathies)	• State law requires by 1 month																	
Cholesterol Screening																		• When doctor recommends
Dental Exam	• Visual exam by doctor at well visits							• First visit to dentist at 1 year; follow-up when dentist recommends										
Lead Test***								•				•						
Blood Test (anemia)								•								•		
Tuberculosis (TB) Test	• When doctor recommends																	
Pelvic Exam and Pap Smear (Cervical Cancer Screening)																		• Every year for sexually active females (start 3 years after sexually active), or starting at 21 years
Sexually Transmitted Infection (STI) Screening																		• When doctor recommends
	Birth	3-5 days**	By 1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	2 years	2 1/2 years	3 years	4-5 years	6-8 years	9-12 years	13-16 years	17-21 years

* These guidelines are taken from the Recommendations for Preventive Pediatric Health Care; Bright Futures (2008) and the American Academy of Pediatrics (AAP). For more information, visit <http://pediatrics.aappublications.org/cgi/content/full/pediatrics;120/6/1376/DC1>.
 ** This is also recommended by the AAP. State laws require testing of newborn babies for certain medical conditions before they leave the hospital or birthing center.
 ***The Centers for Medicare and Medicaid Services (CMS) requires a blood lead test at 12 and 24 months. For more information, visit www.cms.hhs.gov/MedicaidEarlyPeriodicScrn.

Vaccines for Healthy Children and Young Adults*

All children should get needed vaccines when they see the doctor for health care or a well-child visit. These vaccines protect children from disease. The chart below has the vaccines children should have for 2010 as they grow.

VACCINES	Age When Vaccine Is Needed											
	Birth	1-2 months	2 months	4 months	6 months	6-18 months	12-15 months	15-18 months	1-2 years	4-6 years	11-12 years	13-19 years
Hepatitis A Series (HepA)									● (2 doses 6 months apart)			Catch-up vaccines may be given during these years. Talk to your doctor.
Hepatitis B (HepB)	●	●				●						
Diphtheria, Tetanus, Pertussis			●	●	●			●		●	● Tdap	
Haemophilus Influenzae Type b (Hib)			●	●	●		●					
Inactivated Poliovirus (IPV)			●	●		●				●		
Measles, Mumps, Rubella (MMR)							●			●		
Varicella (Chickenpox)							●			●		
Meningococcal Conjugate (MCV)											●	
Pneumococcal (PCV)			●	●	●		●					
Human Papillomavirus (HPV) <i>Females only – 9 years is youngest age to start</i>											● 3 doses	
Rotavirus (RV)			●	●	●							
	(2 or 3 dose series based on vaccine used – talk to your doctor) Start series before 15 weeks of age.											
Influenza (Flu)	Given every year to children between 6 months and 18 years of age. Some children may need 2 doses. Talk to your doctor.											

If your child misses ANY of these vaccines, talk to your doctor about a catch-up plan.

*The information in the chart is taken from the most recent Centers for Disease Control and Prevention Recommended Immunization Schedules for persons aged 0 to 18 years (United States, January 2009) and recommendations from the American Academy of Pediatrics. The immunization schedules are approved by the American Academy of Family Physicians. The schedules are available at www.cdc.gov/MMWR/preview/mmwrhtml/mm5751a5.htm.

These guidelines may have changed since they were printed. This guide is not meant to take the place of medical care or advice. Always ask your doctor about the right test, treatment or care for you.