

Suggested routine exams, immunizations and screenings for adults age 18 or older

- You may be responsible for part of the cost for services that are not listed below, even if provided during a preventive care visit.
- When you receive the services below from a provider in your plan's network, you pay nothing—they're covered in full as preventive health services according to healthcare reform law.
- The right column shows suggested clinical guidelines for when to get preventive screenings. The age recommendations may be adjusted for those at risk. Please discuss what is best for you and your family with your physician.
- Be aware that preventive care screenings are performed to evaluate your current health status, even if you don't have any symptoms or complaints. Diagnostic services are performed to evaluate signs, symptoms, or health concerns, and are subject to cost-shares.

M = Men only
W = Women only

Wellness exams	Suggested Guideline
Routine physical exams and check-ups	Every 1–3 years for adults ages 18–64
Health screenings for	Suggested Guidelines
Abdominal aortic aneurysm	One time for men ages 65–75 who have ever smoked.
Alcohol misuse screening and counseling	By primary health care provider.
Bone density (Osteoporosis screening) W	Every 2 years for women beginning at age 65 or earlier if at high risk for fractures.
Breast cancer (Mammography screening)	Every 1–2 years for women, beginning at age 40.
Cervical cancer (PAP smear and HPV testing) W	Women, beginning when sexually active, but no later than 21, every 1–3 years.
Chlamydia infection W	All sexually active young women up to age 24 and older women who are high risk.
Colorectal cancer (Screening colonoscopy or sigmoidoscopy)	At age 50 and every 5–10 years.
Colorectal cancer (fecal occult blood test)	Once a year after age 50.
Depression	Services by primary health care provider.
Diabetes (type 2)	At age 45, then every 3 years.
Genetic testing (referral for BRCA counseling and evaluation) W	Women with high risk family history are referred for genetic counseling and evaluation for BRCA testing.
Gonorrhea infection W	Women at high risk.
Healthy eating assessment and dietary counseling	By primary health care provider, nutritionist or dietitian for adults at high risk for diet-related disease.
High blood pressure	Annually during your physical exam.
High breast cancer risk (Cancer prevention counseling) W	Women at high risk for breast cancer are counseled regarding preventive chemotherapy.
High cholesterol	All men at age 35 and men ages 20–35 who are high risk for cardiovascular disease. Women at age 45 and those 20–45 who are at high risk.
HIV infection (human immunodeficiency virus)	Adults at high risk.
Obesity screening and counseling for weight loss	Counseling by primary health care provider and interventions for obese adults to promote sustained weight loss.
Prostate cancer (PSA Blood test) M	Men ages 50–70.
Sexually transmitted infection (STI) counseling	Completed during your physical exam.
Syphilis infection	Adults at high risk.
Tobacco use screening and interventions	Services by primary health care provider and treatment interventions to support stopping tobacco use.
Screening for pregnant women	Suggested Guidelines
Rh (antibody) incompatibility testing	Pregnant women at first visit for pregnancy-related care and at 24–26 weeks gestation.
Breast-feeding interventions	Support for breast feeding during pregnancy and after birth.
Chlamydia infection screening	Pregnant women aged 24 and younger and for older pregnant women who are at increased risk.
Hepatitis B infection screening	Pregnant women at their first prenatal visit.
Syphilis testing	Pregnant women on a routine basis.
Urine culture for bacteriuria	Pregnant women during first prenatal visit or at 12–16 weeks gestation.
Adult immunizations	Suggested Guidelines
Hepatitis A	2 doses
Hepatitis B	3 doses
Herpes Zoster	1 dose
Human Papillomavirus (HPV)	Ages 19–26
Influenza (Flu)	Annually
Measles, Mumps, Rubella	2 doses
Meningococcal	1 dose
Pneumococcal	1 dose for those at risk
Tetanus, Diphtheria, Pertussis (Tdap)	1 dose, then Tetanus booster every 5–10 years
Varicella (Chickenpox)	2 doses, ages 19–65

Essential Preventive Health Services* for Children and Teens

Suggested routine exams, immunizations and screenings for children under age 18

For children under age 18, the routine exams, immunizations and screenings listed below are covered in full when received from a provider within your plan's network.

You will get the most value from your preventive benefits when you:

- Choose an in-network provider.
- Become familiar with the routine preventive procedures, exams and tests your plan covers.
- Plan ahead for exams, screenings and immunizations.

Well child exams	Suggested Guidelines
Age 0–36 months	7–14 days; and at 1, 2, 4, 6, 9, 12, 15, 18, 24, 30, and 36 months
Age 4–18 years	Annually
Health screenings for	Suggested Guidelines
Alcohol and drug use	Adolescents, completed during routine physical exam.
Anemia (low red blood cell count)	12 months and 2 years routinely, and also children at high risk.
Autism	At 18 and 24 months, specific Autism screening done in conjunction with a physical exam.
Behavioral problems	Children of all ages.
Cervical abnormalities (PAP smear and HPV testing)	Females, beginning when sexually active, but no later than 21, every 1–3 years.
Congenital hypothyroidism (lack of thyroid secretions)	Newborns
Depression screening	Adolescents are screened by primary health care provider during routine physical exams.
Developmental problems	Structured developmental screening under age 3, completed during routine physical exams.
Hearing	Newborns, then at 4, 5, 6, 8, and 10 years of age.
Height, weight and body mass index (BMI)	Completed during routine physical exam.
HIV (human immunodeficiency virus)	Adolescents at risk.
Lead screening	12 months and 2 years, and children at high risk of exposure to lead.
Lipid disorders (cholesterol and triglycerides)	17–18 years of age and also children at high risk of lipid disorder.
Obesity screening and counseling to improve weight	Children ages 6 years and older, by primary care provider during routine physical exams, or by referral for comprehensive, intensive behavioral interventions.
Oral health assessment	Completed during routine physical exam.
PKU (phenylketonuria – an inherited metabolic deficiency)	Newborns
Sexually transmitted infection (STI) prevention counseling	Adolescents, completed during routine physical exam.
Sickle cell anemia and trait	Newborns
Tuberculin testing	Children at high risk of tuberculosis.
Vision screening	Children 3, 4, 5, 6, 8, and 10 years of age, then once between 11–14 years of age, once between 15–17 years of age, and once between 18–21 years of age.
Immunizations	Suggested Guidelines
Diphtheria, Tetanus, Pertussis	At 2, 4, and 6 months; once between 15 and 18 months and once between ages 4–6.
Flu (Influenza)	2 doses for the first flu season, then annually.
Haemophilus influenzae type b (HIB)	At 2, 4, and 6 months; once between 15–18 months.
Hepatitis A	At 12–24 months (2 doses).
Hepatitis B	At birth, then once between 1–4 months and once between 6–18 months.
HPV (human papilloma virus)	Between ages 11–18 (3 doses).
Inactivated Polio Virus (IPV)	At 2 and 4 months, once between 6 and 18 months; and once between ages 4–6.
Measles, Mumps, Rubella (MMR)	Once between 12–15 months and once between ages 4–6.
Meningococcal	Once between ages 11 and 18.
Pneumococcal (PCV)	At 2, 4 and 6 months, once again between 12–15 months.
Rotavirus	At 2 and 4 months (Rotarix) or 2, 4 and 6 months (Rotateq).
Varicella (Chickenpox)	Once between 12–15 months and once between ages 4–6.

If you have questions about your preventive coverage, give us a call at **800-592-6804**.

* This list complies with essential benefits under “non-grandfathered” requirements for 2010 Federal Health Care Reform and is subject to change. In general, a plan will be “grandfathered” only if it was in effect prior to March 23, 2010 and it has not changed significantly since that date. Check with your benefits administrator or LifeWise Customer Service.