

Focus on Health & Wellness

Adopting a healthy lifestyle is the best preventive medicine. Below are a few suggestions to help you enjoy the best health and quality of life possible.

- Be proactive about your health by staying on top of necessary screenings and health care visits.
- No smoking or smokeless tobacco.
- No illicit or street drugs.
- Limit alcohol (Men two drinks a day; Women one drink a day).
- Eat a high-fiber, low-fat, low-sodium diet. Limit red meat.
- Drink six 8-ounce glasses of water daily.
- Get 30 to 60 minutes of physical activity most days of the week.
- Ask your doctor what your ideal body mass index (BMI) is and then work to attain or maintain it.
- Keep your blood pressure in check. The ideal is 120/80.
- Get seven to eight hours of sleep every night.
- Wear at least 15 SPF sunblock when outside. Have your doctor check any changes in moles.
- Manage stress. Find a hobby you enjoy. Make time for your family and friends. Set realistic goals at home and work. Learn to say "No." Give yourself enough time to get things done.
- Always wear your seatbelt when driving or riding in a car. Wear a helmet when riding an ATV or bicycle.
- Change the battery in your smoke and CO2 detector every six months. Check it monthly.



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That means you go to see your doctor annually when you are **well**.

The Health Plan covers the following examinations and services for its members. Members should verify coverage prior to obtaining services. We encourage you to use this guide to help you schedule visits with your primary care physician (PCP).

Advances in childhood immunization vaccines have decreased the number of overall immunizations your child may receive. This is due to the increasing number of combination vaccines now available.

Your child's doctor can best advise you on the appropriate age and the expected number of immunizations for each disease. Most immunizations start at 2 months of age.

Please be sure to make and keep your child's appointment with their doctor.

Adult Preventive Screening Guidelines

(Age 19+) This schedule is a suggested timeline for routine screenings. Talk with your healthcare provider for specific personal guidance. More frequent screenings may be recommended based on your personal health history.

General Adult Screening Guidelines

Check-up

Annually age 19+

- Alcohol screening & counseling
- Obesity screening & counseling
- Tobacco screening & counseling
- Depression screening & counseling including pregnant and postpartum women
- Substance/recreational drug screening & counseling

Cholesterol Screening

Age 19 and over:
at least every five years

HIV Screening

Age 15–65

Hepatitis C

Adults born between 1945-1965

Glucose Screening

Age 45 and over:
every three years

Lung Cancer Screening

Age 55–77 with annual low-dose CT scan per physician advisement

Skin Cancer

Screening Counseling

Age 6 months to 24 years with fair skin types

Colorectal Cancer Screening

Age 45–75

- **Colonoscopy**
Age 45 and over: every 10 years
- **Colonography**
Age 45+: every five years
- **Sigmoidoscopy**
Every five years beginning at age 45
- **Digital Rectal Exam and three specimens for fecal occult**
Annually for age 45 and older
- **Cologuard**
Ages 45-75: every 3 years

Adult Immunization Guidelines

Chicken Pox Immunization

Healthy adults who have not had chicken pox

HPV Immunization

Ages 19–26, if not already vaccinated; series of two to three shots, depending on age at initiation

Influenza Immunization

Annually

Tetanus-Diphtheria-Pertussis (Td/Tdap) Immunization

Administer to adults who previously did not receive a dose as an adult or child, followed by a booster every 10 years

Hepatitis A Immunization

Administer to adults who have specific risk or lack of risk factor but who desire protection

Adult Preventive Medications Therapy

Low-Dose Aspirin

Age 50–59 for prevention of cardiovascular disease and colorectal cancer with risk factors per physician advisement

Hepatitis B Immunization

Administer to adults who have specific risk or lack of risk factor but who desire protection

MMR - Measles, Mumps, and Rubella Immunization

1 or 2 doses, with no evidence of immunity

Pneumonia Immunization

Per physician advisement

Meningococcal Immunization

Per physician advisement

Herpes Zoster Immunization

Per physician advisement

COVID-19 Immunization

Per physician advisement

Statin Therapy

Adults with history of cardiovascular disease or diabetes per physician advisement



For Women

Chlamydia Screening

Age 24 and younger, and for older women at increased risk; Repeat screening for pregnant women in third trimester with elevated risk

HIV Screening

All pregnant women

Routine Mammogram

Age 40 and over: annually

For Men

Abdominal Aortic Aneurysm Screening

Age 65–75 smokers

Pap Smear (Cervical Cancer Screening)

Age 21–29: every three years
Age 30–65: every three to five years

Pap Smear & Human Papillomavirus (HPV)

Age 30–65: every three to five years.

Osteoporosis Screening

60+ or younger with risk factors

DRE - Digital Rectal Exam

Annually for age 50 and older

Childhood Screening Guidelines (Birth to 18 Years Old)

Check-up Schedule:

- Newborn
- 3-5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- 3-21 years, annually

Recommended Childhood Screenings

Hearing Screening:

Newborn, 3–5 days, 4–6, 8, 10–18 years annually

Developmental and Behavioral Health Screenings

Developmental

9, 18, 30 months

Autism Spectrum Disorder Screening

18 & 24 months

Developmental Surveillance

Newborn, 3–5 days, 1, 2, 4, 6, 12, 15, 24 months, 3–18 years annually

Depression Screening

12–18 years annually

Childhood Immunization Guidelines

Diphtheria-Tetanus-Pertussis Immunization

2, 4, 6, 15–18 months, 4–6 years

Hemophilus Influenza Immunization (Hib)

2, 4, 6, 12–15 months

Hepatitis A Immunization

12–23 months

Hepatitis B Immunization

Birth, 1–2 & 6–18 months

Pneumococcal Conjugate Immunization (PCV)

2, 4, 6, 12–15 months

Polio Immunization (IPV)

2, 4, 6–18 months, 4–6 years

Rotovirus Immunization

2 & 4 months; third dose may be necessary with an age limit of 6 months

Human Papillomavirus Immunization (HPV)

11–12 years initiation and through age 18. Number of doses is dependent on age of initial vaccination

Meningococcal Immunization (MCV)

11–12 years, booster at 16 years

Seasonal Influenza Immunization

Annually

Chicken Pox Immunization

12–15 months, 4–6 years

Measles, Mumps, Rubella Immunization (MMR)

12–15 months, 4–6 years

COVID-19 Immunization

Per physician advisement