

Preventive Care Guidelines

The Institute for Clinical Systems Improvement (ICSI) and the United States Preventive Services Task Force (USPSTF) recommend that preventive visits include the following. Your needs may differ based on your family/personal history. Please consult your doctor to determine the schedule for you.

For More Information

If you would like to learn more about recommendations for preventive medicine, please visit the following websites.

- 1.) The Institute for Clinical Systems Improvement (ICSI) at [ICSI.org/guidelines__more](https://www.icsi.org/guidelines__more)
- 2.) United States Preventive Services Task Force at [USPreventiveServicesTaskForce.org/BrowseRec/Index](https://www.uspreventiveservices.org/BrowseRec/Index)
- 3.) Immunization information from the Centers for Disease Control at [CDC.gov/Vaccines/Schedules](https://www.cdc.gov/Vaccines/Schedules)
- 4.) Agency for Healthcare Research and Quality at [AHRQ.gov/Patients-Consumers/Prevention](https://www.ahrq.gov/Patients-Consumers/Prevention)
- 5.) [healthfinder.gov](https://www.healthfinder.gov), from the U.S. Department of Health and Human Services

Coverage for preventive care may be different from plan to plan. Health Alliance members or plan participants can see what services their plan covers by calling the customer service number on the back of their ID card or logging in to [YourHealthAlliance.org](https://www.YourHealthAlliance.org).

Recommended Preventive Care Visits for Children and Teens

Talk to your doctor about frequency of visits. At a minimum, your child should visit the doctor at these ages:

YEARS	0 - 2	2 - 6	7 - 12	13 - 18
	Birth to 2 weeks 2 months 4 months	6 to 9 months 12 months 15 months	Physical exam (include head circumference, height and weight) Hearing	Immunizations
	2 years 4 to 6 years		Physical exam (include blood pressure, height, weight and BMI) Vision screening between ages 3-5	Immunizations Developmental/behavioral assessment
	7 to 9 years 12 years		Physical exam (include blood pressure, height, weight and BMI) Immunizations	Developmental/behavioral assessment Interval history
	One to two visits between the ages of 13 and 18		Physical exam (include blood pressure, height, weight and BMI) Immunizations	Developmental/behavioral assessment Interval history

Counseling and education as appropriate for all age groups.

If you want a paper copy of this document or an immunization schedule, please call the Health Alliance Customer Service Department at 1-800-851-3379. Provided as a community service by Health Alliance. All guidelines are subject to change.

Preventive Care Services for Children and Teens

YEARS	0 - 2	Infant sleep positioning and SIDS counseling	Place infant to sleep on back, with no loose bedding or soft items around him/her.
		Iron supplementation	If your child is 6 to 12 months old, talk to the doctor about whether an iron supplement is needed.
		Male infant circumcision	Talk to your child's physician about the possible risks and benefits of this procedure.
		Newborn screenings	Talk to your child's physician about these tests prior to your delivery date - PKU, congenital hypothyroidism, sickle cell disease, hearing, gonorrhea prophylactic eye medication and other screenings required by state law.
0 - 18+	Dental care and oral fluoride	Fluoride can help prevent tooth decay and cavities. Talk to the doctor about fluoride varnish. For ages 2 years and above, brush teeth daily with a pea-sized amount of fluoride toothpaste; for ages 1-2 years, use a smear of toothpaste. If your child is older than 6 months and your primary source of drinking water is fluoride deficient, talk to the doctor about oral fluoride supplementation. Regular screenings and cleanings encouraged starting at 6 months.	
	Immunizations	Please talk to the doctor and visit cdc.gov/vaccines/schedules for current childhood and adolescent immunization and catch-up schedules.	
2 - 18+	Obesity screening and counseling	Record height, weight and BMI annually. Talk to the doctor about your child's diet, activity and sedentary behaviors. If your child is 6 years or older and has a BMI at or above the 95th percentile for age/gender, discuss options for counseling and interventions to promote improvement in weight status.	
10 - 18+	Skin cancer behavioral counseling	If your child or teen has fair skin, talk to the doctor about ways to reduce exposure to UV radiation to reduce risk for skin cancer.	
12 - 18+	Depression screening	All adolescents 12-18 years of age.	
13 - 18+	Chlamydia and gonorrhea screening	Annually for all sexually active females 24 years and younger.	
	HIV screening	One-time screening for adolescents ages 15 years and up and younger adolescents at increased risk. Repeat screening may be indicated, particularly for individuals at risk. Talk with the doctor.	
	Hepatitis B virus (HBV) screening	Adolescents at increased risk and all pregnant women at first prenatal visit.	
	Pregnant teens	Refer to Adult Pregnant Women recommendations.	
	STI prevention counseling	If your adolescent is sexually active, talk to the doctor about behavioral counseling to prevent sexually transmitted infections (STIs).	
	Syphilis screening	Adolescents at increased risk and all pregnant women.	
	Tobacco use and cessation	Avoid all tobacco products. If your child smokes or uses other tobacco products, talk to the doctor about cessation programs.	

Injury Prevention for Children and Teens

YEARS	0-18+	Bicycle safety	Use a helmet while riding a bike.
	0-2	Motor vehicle safety (Please refer to state law.)	Rear-facing car seat until 2 years old or until child reaches the highest weight or height allowed by your car seat's manufacturer. Avoid seat with an air bag (middle rear seat is best).
			Two-year-olds (or those younger than 2 who have met the maximum height and weight requirements of your car seat manufacturer) use forward-facing car seat with a harness until the highest height and weight allowed by the manufacturer has been met.
	2-12	For more information, go to healthychildren.org/English/safety-prevention/on-the-go and click on Car Seats: Information for Families	Once the child's weight or height is above limit for the forward-facing seat, use booster seat until the vehicle's seat belt fits properly (usually when child is 4 foot 9 inches tall). Use seat belt once out of booster seat. Ride in the back seat. Avoid seat with an air bag (middle rear seat is best).
13 - 18+		Seat belt	

Preventive Screening and Education Recommendations for Adults

GENDER

Men	Abdominal Aortic Aneurysm	Ages 65 to 75 who have ever smoked (more than 100 cigarettes in a lifetime) should receive one-time screening.
	Lipid screening (cholesterol, lipids, triglycerides)	Every five years for men ages 35 and older. Men ages 20-35 years with other risk factors for coronary disease.
Men and Women	Aspirin to prevent cardiovascular disease and colorectal cancer	If you are age 45 or older, talk to your doctor about the benefits and risks of taking low-dose aspirin and whether or not this would be beneficial for you.
	Colorectal cancer screening	If you have an average risk of colorectal cancer and are not having symptoms, begin screening at age 50 and continue until age 75. There are multiple different screening methods, and their risks and benefits vary. Talk to your doctor about which method is best for you. If you are 76-85 years old or are at increased risk, discuss appropriate screening with your doctor, depending upon the method of screening chosen.
	Diabetes/abnormal blood sugar	Talk to your doctor about whether screening for diabetes or abnormal blood sugar is recommended.
	Diet and physical activity counseling to prevent cardiovascular disease	If you are overweight or obese and have abnormal blood glucose or other known risk factors for cardiovascular disease, talk to your doctor about behavioral counseling to promote a healthy diet and physical activity.
	Fall risk screening and prevention	If you're 65 years or older, talk to your doctor about a fall risk screening and if exercise and therapy counseling and vitamin D supplementation are appropriate for you.
	Hepatitis C Virus (HCV) Infection Screening	Men and women at high risk, and a one-time screening is recommended for everyone born between 1945 and 1965. Talk to your doctor.
	High blood pressure screening	All adults age 18 and older.
	Lung cancer screening	Talk to your doctor about screening if you are between 55-80 years of age, have a 30 pack/year smoking history and you currently smoke or have quit within the last 15 years.
	Obesity screening & counseling	Screening: record height, weight and BMI. If your BMI is over 30, talk to your doctor about sustained weight-loss counseling and supportive services.
	Sexually transmitted infections (STIs) prevention counseling	Men and women at increased risk or if you have an STI now or have had one in the past year, have multiple partners or have other risk factors for STIs, talk to your doctor about behavioral counseling to prevent STIs.
	Skin cancer counseling	Talk to your doctor about what you can do to minimize sun and UV exposure to reduce your risk of skin cancer.
	Men, Women and Pregnant Women	Alcohol misuse screening and behavioral counseling
Depression screening		Screening for all adults ages 18 and older, including women who are pregnant or had a baby in the last year. If you think you are feeling sad or blue, or have lost interest in things you used to like to do, talk to your doctor.
Hepatitis B virus (HBV) screening		Men and women at increased risk and all pregnant women at first prenatal visit.
HIV screening		Screening for adolescents and adults ages 15 to 65 years, older adults at increased risk and with each pregnancy. Repeat screening may be indicated, particularly for individuals at risk. Talk with your doctor.
Immunizations		Please talk to your doctor and visit cdc.gov/vaccines/schedules for current immunization schedule.
Syphilis infection screening		Men and women at increased risk and all pregnant women.
Tobacco use and cessation		Have you tried to stop smoking or using other tobacco products? Are you thinking about it now? Talk to your doctor about smoking/tobacco cessation and call the Customer Service Department number listed on the back of your identification card to ask about our smoking/tobacco cessation programs.

Preventive Screening and Education Recommendations for Adults (Continued)

GENDER

Women	Breast cancer preventive medication	If you are at high risk for breast cancer, talk to your doctor about using preventive medication.
	Breast cancer screening	Mammography every two years for ages 50-74 years. If you are 41-49 years old or 75 years and older, talk to your doctor about the best screening schedule for your age, risk and individual circumstances.
	Breast and ovarian cancer susceptibility	Some genes passed on to women from their parents are associated with a greater chance of developing breast cancer and ovarian cancer. If you have a family history of breast, ovarian, tubal or peritoneal cancer, talk to your doctor.
	Cervical cancer screening	Ages 21-29: every three years with cytology (Pap smear). Ages 30-65: screening with cytology (Pap smear) every three years. If you are interested in lengthening the screening interval, discuss with your provider the option of combination screening with cytology and human papillomavirus (HPV) testing every five years. Over 65: talk to your doctor about screening. Any age: If you have had a hysterectomy, talk to your doctor about whether continued screening is recommended.
	Chlamydia screening	All sexually active females 24 years and younger and older women at increased risk.
	Folic acid supplements	Women of child-bearing age should take a daily supplement containing 400 to 800 micrograms of folic acid.
	Lipid screening (cholesterol, lipids, triglycerides)	Every five years for women ages 20 years and older who are at increased risk for coronary heart disease.
	Osteoporosis screening	All women 65 years and older and younger women with same or greater fracture risk.
Pregnant Women	Anemia screening	At first prenatal visit.
	Aspirin for prevention of preeclampsia	After 12 weeks of pregnancy, talk to your doctor about your risk for preeclampsia and whether low dose aspirin is advised.
	Bacteriuria screening	At 12-16th week of pregnancy or first prenatal visit (if later).
	Breastfeeding counseling	Talk to your doctor about breastfeeding your baby.
	Chlamydia screening	All pregnant women 24 years and younger and older pregnant women at increased risk.
	Gestational diabetes screening	After 24 weeks of pregnancy.
	Rh incompatibility	Ask your doctor if you should be tested for Rh incompatibility. Some women may need repeat testing.
Women and Pregnant Women	Gonorrhea screening	Sexually active women age 24 years and under and older women at increased risk.
	Intimate partner violence screening and intervention	Talk to your doctor for screening, support, counseling, medical treatment and referrals.