



**PREVENTIVE CARE GUIDELINES** Preventive care provided by your doctor is the best way for you to assume an active role in maintaining your well-being and may help detect health problems before they become serious. Your doctor will provide health screenings, testing, immunizations, and counseling concerning you and your family's specific health prevention needs based upon age, gender, and risk factors. Your coverage may include preventive care services for all ages. Refer to your Member Payment Summary to determine if this benefit applies to you. The following are some medical guidelines to help you use these preventive benefits to keep you and your family healthy. You can also visit SelectHealth's web site at [www.selecthealth.org](http://www.selecthealth.org) for more information.

### **BLOOD PRESSURE MEASUREMENT**

Your doctor will probably check your blood pressure during each office visit. Individuals with a normal blood pressure should have it rechecked every two years. If you have a family history of high blood pressure, heart, or kidney disease, or a personal history of borderline high blood pressure, you should have your blood pressure checked each year.

### **CHOLESTEROL TESTING**

Adults should have their cholesterol checked every five years. If you smoke, have diabetes, high blood pressure, or a family history of heart disease, you are at greater risk for the development of cardiovascular disease. If you are at risk for heart disease, your doctor may recommend more frequent cholesterol testing and provide counseling concerning steps you can take to reduce your cholesterol levels.

### **IMMUNIZATIONS**

Your doctor will recommend an immunization schedule for you and your family based upon age and risk factors. Immunizations protect you from deadly diseases.

Recommendations concerning immunizations change periodically based upon new medical research. Your doctor can keep you informed about any new changes. Your preventive care benefits cover most immunizations. Refer to the "Immunizations" subsection of the "General Limitations and Exclusions" section of this document for a list of immunizations that are not covered.

### **COLON CANCER SCREENING**

Starting at age 50, you and your doctor should choose a method to screen for colon cancer on a regular basis. There are three tests that are effective at finding colon cancer: checking stool samples for blood, a sigmoidoscopy, or a colonoscopy. The stool exam is done every year.

This is a simple test to detect abnormal colon bleeding and is performed on stool samples obtained in the privacy of your home. Sigmoidoscopy is recommended every five years and is an examination of the last 20 to 25 inches of the large bowel. Colonoscopy is usually performed every ten years. You should let your doctor know if you have a family history of colon or rectal cancer in order for screening to begin at an earlier age.

### **PELVIC EXAMINATION, PAP TEST, MAMMOGRAM**

These three preventive care services are a vital part of a woman's preventive care program. A pelvic exam and Pap test should be performed every one to three years as recommended by your doctor. A Pap test consists of examining a sampling of cells from the cervix for early detection of pre-cancerous or cancerous changes.

A mammogram is an x-ray used to detect abnormal growth in breast tissue, which may require further screening for breast cancer. When you turn 40, you should start to schedule mammograms every year. Your doctor can also instruct you on how to perform a breast self-exam.

Your preventive care benefits cover pelvic examination, Pap test, and mammogram services once per year.

### **PHYSICAL EXAM**

Health screenings, which are timed to your personal needs, are replacing the "annual physical." A baseline health history and physical examination will allow your doctor to establish your specific risk factors, including screening, counseling, and the establishment of a schedule for ongoing preventive care.

Your preventive care benefits cover well-child visits for the first 24 months of life and one routine physical exam per member per year if your provider bills it as a preventive visit.



## SELECTHEALTH PREVENTIVE CARE GUIDELINES

### BIRTH TO AGE 17

#### Well-child Visits

Take your child in for regular visits with the doctor at the following ages: birth; 2 to 4 days; 2 to 4 weeks; 2, 4, and 6 months; 9, 12, 15, and 18 months; ages 2, 3, 4, 5, 6, 8, and 10; once a year from ages 11 to 18

Well-child visits are needed for the following purposes:

- Start a medical record history.
- Check on the progress of your child’s physical development.
- Get physical exams.
- Check speech, social, and motor skills, as well as eyesight and metabolism.
- Get immunizations and other important shots.
- Learn more about nutrition, safety, and any special needs.
- Screen children by questionnaire or blood test for exposure to lead at 12 and 24 months.

#### Child Immunizations

- Diphtheria, tetanus, acellular pertussis (DTaP): 2, 4, and 6 months; between 12 and 18 months; and between ages 4 and 6
- Haemophilus influenzae type b (Hib): 2, 4, and 6 months; and between 12 and 15 months
- Hepatitis A: Between ages 2 and 4 and between ages 4 and 6
- Hepatitis B: Newborn, 2, and 6 months
- Influenza: Yearly between 6 to 23 months
- Measles, mumps, rubella (MMR): Between 12 and 15 months and between ages 4 and 6
- Polio: 2, 4, and 6 months; and between ages 4 and 6
- Pneumococcal: 2, 4, and 6 months; and between 12 and 15 months
- Varicella (chicken pox): Between 12 and 18 months; one dose up to age 12 or two doses at age 13 or older if child has not had chicken pox or received the vaccine

#### Adolescent Immunizations

- Hepatitis B: Series of 3 doses by ages 11 or 12 if not received earlier
- Measles, mumps, rubella (MMR): Dose 2 by age 11 or 12 if not received earlier
- Meningococcal: One dose between ages 11 to 12
- Tetanus, diphtheria, and acellular pertussis (Tdap) booster: One dose between ages 11 and 12
- Varicella (chicken pox): One dose up to age 12 or two doses at age 13 or older if child has not had chicken pox or received the vaccine

### AGES 18 TO 39

#### Adult Care Tests

Height and weight: Yearly  
 Blood pressure: Every 2 years  
 Cholesterol: Every 5 years  
 Pap test: Yearly; after three normal exams, every three years  
 Mammogram: As advised by doctor  
 Chlamydia test: Yearly, ages 18 to 24

### AGES 40 TO 49

#### Adult Care Tests

Height and weight: Yearly  
 Blood pressure: Every 2 years  
 Cholesterol: Every 5 years  
 Colon screen (check stool for blood or sigmoidoscopy or colonoscopy): As advised by doctor  
 Pap test: Yearly; after three normal exams, every three years  
 Mammogram: Yearly  
 Chlamydia test: As advised by doctor  
 Prostate exam: As advised by doctor

### AGES 50 TO 65

#### Adult Care Tests

Height and weight: Yearly  
 Blood pressure: Every 2 years  
 Cholesterol: Every 5 years  
 Colon screen (check stool for blood or sigmoidoscopy or colonoscopy): Stool check yearly or sigmoidoscopy every 5 years or colonoscopy every 10 years  
 Pap test: Yearly; after three normal exams, every three years  
 Mammogram: Yearly  
 Chlamydia test: As advised by doctor  
 Prostate exam: Yearly

#### Additional Preventive Care Tests

Individuals with special risk factors may need more frequent and additional types of preventive care as recommended by their doctor.

Risk Factors	Preventive Services
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Diabetes	Eye and foot exams, urine and blood tests
Drug abuse/alcoholism	AIDS and TB tests, hepatitis and influenza immunizations
Overweight	Blood sugar test
Homeless, recent refugee, or immigrant	TB test
High-risk sexual behavior	AIDS test, syphilis test, gonorrhea test, chlamydia test

#### Adult Immunizations

- Tetanus booster: Every 10 years
- Influenza: Yearly
- Pneumococcal: Once over age 65 and for individuals with chronic diseases, such as heart or lung disease or diabetes preventive care as recommended by their doctor.

For more detailed information on preventive care, call **1-801-442-6492** (in Salt Lake City) or **1-800-374-4949** (elsewhere in the Continental U.S.A.), visit [www.selecthealth.org](http://www.selecthealth.org), or consult your doctor.