

Preventive health guidelines

May 2019

You can take steps today toward a healthier future!

Your health plan pays for certain tests to find disease early, routine wellness exams, and shots to help you and your family stay well. This is called preventive care.

Using this guide

This guide does not mention every condition and treatment. Ask your doctor which exams, tests, and vaccines are right for you or your child, when you should get them, and how often.

Guidelines are based on state-specific requirements and tips from health experts, including:

- **AAFP** — American Academy of Family Physicians
- **AAP** — American Academy of Pediatrics — Bright Futures
- **ACIP** — Advisory Committee on Immunization Practices
- **ACOG** — American College of Obstetricians and Gynecologists
- **ACS** — American Cancer Society
- **CDC** — Centers for Disease Control and Prevention
- **USPSTF** — U.S. Preventive Services Task Force

Your plan may not pay for all the services and treatments listed.

To learn more about what your plan covers, either:

- Check the member handbook
- Call Member Services at the number on your member ID card
- Visit www.myamerigroup.com/WA

This guide is to give general information.

It's not meant to give personal medical advice. Get medical advice straight from your doctor.



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Well-baby and child exams

Well-baby exam

Infants should be seen by a doctor at birth, at the following ages and as the doctor suggests:

- 3-5 days old
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months

During a well-baby exam, you may get advice on your child's safety, dental care, healthy eating and development. Your baby may also get vaccines or other screenings, such as tuberculin, urine testing, and/or sickle cell anemia testing, if needed.

Screenings	When to get them
Weight, length and head circumference (the length around the head)	At each visit
BMI percentile*	At 24 months
Newborn metabolic (such as phenylketonuria), sickle cell and thyroid screening	Birth-2 months (best at 3-5 days) Bilirubin at birth
Critical congenital heart defect (birth defects of the heart)	0-6 weeks
Development	At 9-11 months, 18 months Monitoring at 0-6 weeks, 2-3 months, 4-5 months, 6-8 months, 12-14 months and 15-17 months
Behavior	At each visit
Hearing	0-6 weeks Risk assessment at each visit, follow up if needed
Vision	At 2 and 24 months Instrument-based screening to assess risk
Oral/dental health	Referral to a dentist, if needed — begin yearly dental exams starting at age 1 Fluoride varnish risk assessment starting at 4-5 months, follow up if needed Fluoride prescription risk assessment at each visit (starting 6-8 months), follow up if needed
Hemoglobin or hematocrit (blood count)	Once between 9-12 months, then as your doctor suggests
Lead testing	At 12-14 months. Risk assessment or screening at each visit.
Autism	At 18 and 24 months
Maternal/caregiver depression	At 6 months
Urine	As your doctor suggests
Health and family health history	At each visit
Physical exam	Each year
Blood pressure	Assess risk at each visit, follow up if needed
Tuberculosis	At 0-6 weeks, 6-8 months, 12-14 months Children with HIV need yearly testing



Birth-
2 years

Well-child exam

During a well-child exam, you may get advice about:

- How to keep your child safe
- How to prevent injuries
- How to reduce the risk of getting skin cancer
- Good health, diet, physical activity and development
- Yearly dental exams, if needed

Your child may get vaccines and these screenings, plus added screenings such as tuberculin and urine testing, if needed.



Ages
2½-10 years

Screenings	When to get them
Height, weight, BMI percentile*	At each visit
Health history	At each visit
Development	At 30 months Monitor at each visit
Vision	At each visit
Hearing	At each visit
Oral/dental health	Referral to a dentist, if needed Dental exams each year Fluoride varnish, fluoride treatment and risk assessment at each visit (between 2 ½-10 years), follow up if needed
Hemoglobin or hematocrit (blood count)	Risk assessment at each visit, follow up if needed
Blood pressure	Each year
Lipid disorder (cholesterol problems)	Once between ages 9-10 Risk assessment at each visit, follow up if needed
Lead testing	Risk assessment at each visit up to age 6, follow up if needed
Tuberculosis	Risk assessment at each visit, follow up if needed
Physical exam	Each year

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Well-child exam

At these exams, your child may get vaccines and these screenings, plus added screenings such as tuberculin and urine testing, if needed.

- Diet and physical activity
- Healthy weight
- Safe sex and screening for sexually transmitted infections (STIs)
 - Including intimate partner violence
- How to prevent injuries
- Skin cancer risks, going over family history and how to reduce risks
- Avoiding secondhand smoke



At these exams, your child may get vaccines and these screenings, plus added screenings such as tuberculin and urine testing, if needed.

Screenings	When to get them
Height, weight, BMI*	Percentile to age 18, then BMI each year
Development and behavior	At each visit
Depression	At each visit
Blood pressure	At each visit
Vision	At ages 11-12 and 15-16 years Risk assessment at ages 13-14, 17-18 and 19-20, follow up if needed
Hearing	Once between ages 11-14, 15-16 and 19-20 years Risk assessment at ages 17-18, follow up if needed
Oral/dental health	Each year, fluoride prescription risk assessment at ages 11-12, 13-14 and 15-16, follow up if needed
Hemoglobin or hematocrit (blood count)	Risk assessment at each visit, follow up if needed
Lipid disorder (cholesterol problems)	Once between ages 9-11, once between ages 17-18 Risk assessment at each visit, follow up if needed
Chlamydia	If sexually active
HIV	Screening once between ages 15-18 Risk assessment at each visit, follow up if needed
STIs	Risk assessment at each visit, follow up if needed
Tobacco, alcohol or drug use	Risk assessment at each visit, follow up if needed
Physical exam	Each year
Health history	At each visit
Tuberculosis	Risk assessment at each visit, follow up if needed



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Adult screenings

Wellness exam

During a wellness exam, the doctor may talk with you about:

- Diet and physical activity
- Family planning
- Birth control types and methods to help avoid unwanted pregnancy and spacing out pregnancies to have the best birth outcomes
- Folic acid for women who are the right age to get pregnant
- Safe sex and screening for STIs, including:
 - Screening for HIV
 - Screening for hepatitis B (HBV) if high risk
 - Intimate partner violence
- How to prevent injuries
- Skin cancer risks, going over family history and how to reduce risks
- Misuse of drugs and alcohol
- Avoiding secondhand smoke
- If using tobacco, how to quit
- Dental health
- Mental health, including depression



At this visit, you may get vaccines and these screenings:

Screenings	When to get them
Height, weight, BMI*	Each year or as your doctor suggests
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in the home setting.
Breast cancer: Doctor exam	Every 1-3 years Each year from age 40 and over
Breast cancer: Mammogram** (breast X-ray)	Each year from ages 40-65+ Biennial screening mammography for women ages 50-74
Cervical cancer: Ages 21-29	Pap test every 3 years
Cervical cancer: Ages 30-65	Pap test every 3 years or HPV testing alone or in combination with Pap test every 5 years
Cervical cancer: Ages 65+	Stop screening at age 65 if last 3 Pap tests or last 2 co-tests (Pap plus HPV) within the last 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screenings with your doctor.
Colorectal cancer	At age 50 and continuing until age 75, your doctor may suggest any of the following test options: <ul style="list-style-type: none"> ■ FIT: fecal immunochemical test ■ FIT-DNA: multitargeted stool DNA test ■ gFOBT: guaiac-based fecal occult blood test ■ Colonoscopy ■ CT colonography ■ Flexible sigmoidoscopy
Chlamydia and gonorrhea	If sexually active, ages 24 and younger
Cholesterol	Statins (cholesterol medicine) may be recommended for some people ages 40-75 who have a higher risk of getting cardiovascular disease
Glucose screening for type 2 diabetes	As your doctor suggests from ages 40-70 if you are overweight or obese. Individuals with high glucose (blood sugar) should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity.
Hepatitis C	Screen once if born between 1945-1965
Osteoporosis	The test to check how dense your bones are should start no later than age 65. Women in menopause should talk to their doctor about osteoporosis and have the test when at risk.

Wellness exam

Pregnant women should see their doctor in their first three months of pregnancy for a first visit and to set up a prenatal care plan. At this visit, your doctor will check your health and the health of your baby.

Based on your past health, your doctor may want you to have these tests, screenings or vaccines:

- **Depression** — screening during and after pregnancy
- **Diabetes** — during pregnancy
- **Hematocrit/hemoglobin (blood count)**
- **Hepatitis B**
- **HIV**
- **Preeclampsia (blood pressure)** — during pregnancy
- **Rubella immunity** — to find out which women need the rubella vaccine after giving birth
- **Rh(D) blood type and antibody testing** — if Rh(D) negative, repeat test at 24-28 weeks
- **Syphilis**
- **Urinalysis** — when your doctor suggests

The doctor may talk to you about:

- What to eat
- How to be active when pregnant
- Staying away from tobacco, drugs, alcohol and other substances
- Breastfeeding, lactation supplies and counseling

Other tests and screenings:

Other tests can be used to check the baby for health concerns. These tests are done at certain times while you are pregnant. The best test to use and the best time to do it depends on many things. These include your age as well as your medical and family history. Talk to your doctor about what these tests can tell you about your baby, the risks of the tests and which tests may be best for you.

- **Amniocentesis**
- **Chorionic villus sampling**
- **Special blood tests**
- **Ultrasound tests**, including special tests (used with blood tests during the first three months for chromosomal abnormality risk) and routine two-dimensional tests to check on the baby



Medications:

If you are high risk for a condition called preeclampsia, your doctor may recommend taking a low-dose aspirin as a preventive medicine.

Vaccines:

If you're pregnant during flu season (October-March), your doctor may want you to have the inactivated (killed) flu vaccine.

Pregnant teens and adults should be vaccinated with Tdap vaccine with each pregnancy. Tdap should be given between 27-36 weeks' gestation, although it may be given at any time during pregnancy.

While other vaccines may be given in special cases, it's best to get the vaccines you need before you get pregnant. Women should always check with their doctor about their own needs.

You should NOT get these vaccines while you are pregnant:

- **Measles, mumps, rubella (MMR)**
- **Varicella (chickenpox)**

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**Women should talk to their doctor and make a personal choice about the best age to begin mammograms and the potential to screen every two years when older.

Wellness exam

During a wellness exam, the doctor may talk with you about:

- Diet and physical activity
- Family planning
- How to prevent injuries
- Misuse of drugs and alcohol
- If using tobacco, how to quit
- Avoiding secondhand smoke
- Safe sex and screening for STIs, including:
 - Screening for HIV
 - Screening for hepatitis B (HBV) if high risk
- Skin cancer risks, going over family history and how to reduce risks
- Dental health
- Mental health, including depression



At this visit, you may get vaccines and these screenings:

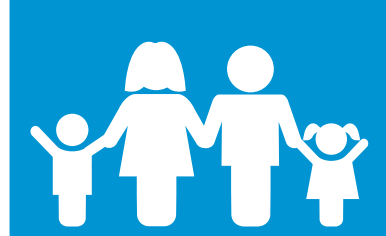
Screenings	When to get them
Height, weight, BMI*	Each year or as your doctor suggests
Abdominal aortic aneurysm	One time for ages 65-75 for those who have ever smoked
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in the home setting.
Cholesterol	Statins (cholesterol medicine) may be recommended for some people ages 40-75 who have a higher risk of getting cardiovascular disease
Colorectal cancer	At age 50 and continuing until age 75; your doctor may suggest any of the following test options: <ul style="list-style-type: none"> ■ FIT: fecal immunochemical test ■ FIT-DNA: multitargeted stool DNA test ■ gFOBT: guaiac-based fecal occult blood test ■ Colonoscopy ■ CT colonography ■ Flexible sigmoidoscopy
Glucose screening for type 2 diabetes	As your doctor suggests from ages 40-70 if you are overweight or obese. Individuals with high glucose (blood sugar) should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity.
Hepatitis C	Screen once if born between 1945-1965
Prostate cancer	If you are ages 55-69, talk with your doctor about the risks and benefits of prostate cancer tests

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Suggested vaccine schedule

For more information about vaccinations, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines).



Vaccine	Age														
	Birth	1-2 months	2 months	4 months	6 months	6-18 months	12-15 months	15-18 months	19-23 months	4-6 years	11-12 years	13-18 years	19-64 years	65+ years	
Hepatitis B	✓	✓				✓									
Rotavirus (RV)			✓ 2-dose or 3-dose series												
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓					
Tetanus, diphtheria, pertussis (Td/Tdap)										✓ Tdap			✓ Every 10 years		
Haemophilus influenzae type b (Hib)		✓ 3-4 doses between 2-15 months with 1st dose at 2 months, last dose at 12-15 months													
Pneumococcal conjugate (PCV)		✓	✓	✓			✓								
Inactivated polio virus (IPV)		✓	✓			✓				✓					
Influenza (flu)					Suggested each year from 6 months-65+ years; 2 doses for children between 6 months-8 years old getting the						at least 4 weeks apart are recommended vaccine for the first time				
Measles, mumps, rubella (MMR)							✓			✓					
Varicella (chickenpox)							✓			✓					
Hepatitis A						✓ 2-dose series between 12-23 months; taken 6-18 months apart									
Human papillomavirus (HPV)										✓ 2-dose series					
Meningococcal										✓		✓ Booster at age 16. MenB-FHb at ages 16-23.			
Pneumococcal 13-valent conjugate (PCV13)														✓	
Pneumococcal polysaccharide (PPSV23)														✓	
Zoster (HZ/su)														✓ 2-dose series for ages 50+; 2-6 months apart	

*For more information about updated HPV vaccines, see the Centers for Disease Control and Prevention website: *Use of a 2-Dose Schedule for Human Papillomavirus Vaccination — Updated Recommendations of the Advisory Committee on Immunization Practices* (December 16, 2016): [cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm](https://www.cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm).

Hepatitis B — The first dose should be given within 24 hours of birth to address births outside of the hospital. You may get an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose.

Rotavirus (RV) — Get two-dose or three-dose series (depends on brand of vaccine used).

Tdap (teens) — If your child is 13-18 years of age and has not had this vaccine before, talk to the doctor about a catch-up vaccine.

Tdap (adults) — If you are age 19 or older and have not had a dose of Tdap before, you should get a single dose.

Haemophilus influenzae type b (Hib) — Get a three-dose or four-dose series (depends on brand of vaccine used).

Pneumococcal conjugate (PCV) — Children ages 14 months-59 months who have received an age-appropriate series of 7-valent PCV (PCV7) get a single supplemental dose of 13-valent PCV (PCV13).

Influenza (flu) — Visit www.flu.gov or www.cdc.gov to learn more about this vaccine. (Note: Children 6 months-8 years old having the vaccine for the first time should have two doses four weeks apart.)

Measles, mumps, rubella (MMR) and varicella (chickenpox) — Teens and adults should be up-to-date on their MMR vaccinations. Chickenpox vaccines are recommended for children who have not had chickenpox.

Human papillomavirus (HPV)* — Eleven to twelve-year-olds receive two doses of the HPV vaccine at least six months apart. Teens and young adults who start the series later (at ages 15-26) will need three doses of HPV vaccine to protect against cancer-causing HPV infection. The vaccine series can start at age 9.

Meningococcal — When given to healthy teens who are not at higher risk for meningococcal disease, two doses of MenB-FHbp should be given at 0 and 6 months. If the second dose is given before 6 months, a third dose should be given at least six months after the first dose. For persons at higher risk for meningococcal disease and for use during serogroup B outbreaks, three doses of MenB-FHbp should be given at 0, 1-2, and 6 months.

Pneumococcal 13-valent conjugate (PCV13)/ Pneumococcal polysaccharide (PPSV23) — Adults age 65 and older and certain adults younger than 65 who are considered at risk are recommended to receive both a PCV13 and PPSV23. Ask your doctor about the dosage that is right for you.

Zoster — Two doses of the Shingrix (HZ/su) vaccine, given 2-6 months apart, is recommended for adults age 50 and older, including those who previously received the Zostavax shingles vaccine.



For members who don't speak English, or are Deaf, Deaf Blind, or Hard of Hearing, we offer no-cost interpretation services for all languages as well as auxiliary aids to assist you. To get these services, call 1-800-600-4441 (TTY 711) Monday through Friday from 8 a.m. to 5 p.m. Pacific time.

Para los miembros que no hablan inglés, tienen sordera, sordera y ceguera, o dificultad auditiva, ofrecemos servicios de interpretación oral sin costo en todos los idiomas; así como también asistencia adicional para ayudarlo. Para recibir estos servicios, llame al 1-800-600-4441 (TTY 711), de lunes a viernes, de 8 a.m. a 5 p.m., hora del Pacífico.