NEBRASKA

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You can help make a difference in your health and well-being.

# Preventive care is vital to your healthy lifestyle.

As Benjamin Franklin once said, an ounce of prevention is worth a pound of cure. Many health conditions can be prevented or detected early by making healthy lifestyle choices such as eating nutritional foods, getting appropriate exercise, and visiting your doctor for routine physical care.

As a general rule of thumb, good health means lower health care costs. So, use these guidelines to help maintain a healthy lifestyle and potentially save money on your health care. But, talk with your doctor about your specific health concerns, and follow your doctor's advice.

# Use these guidelines to help maintain a healthy lifestyle

## Screening: Children, birth to 18 years

Ask your child's doctor about the frequency of well-child visits based on your child's age. Generally, babies need to be seen at 2- to 3-month intervals; older children should be seen annually.

| Age | Screening | Frequency |
|---|---|---|
| Newborn | Genetic Metabolic Screening (Including PKU, sickle cell, blood disorders, hypothyroidism) | Once |
| Newborn | Hearing Assessment | Once |
| Birth – 2 years | Head Circumference | At each well-child visit |
| 6 – 12 months | Iron Deficiency Anemia | Once for prevention |
| Birth – 6 years | Height/Length and Weight | At each well-child visit |
| 1, 2 and 3 years | Lead Level | Frequency dependent on risk |
| Up to 3 years | Developmental/Behavioral Assessment | Annually |
| Younger than 5 years | Vision Screening | Once |
| Up to 18 years | Tuberculin Screening | Frequency dependent on risk |

## Counseling: Children, birth to 18 years

As your child grows, talk with your child's doctor about:

- Nutrition: obesity and eating disorders
- Physical activity and exercise
- Safety, inside and outside the home:
  - Car seats
  - Seat belts
  - Poison prevention
  - Injury prevention
- Child abuse
- Sexuality and sexually transmitted diseases – Adolesents
- Birth control – Adolescents
- Tobacco, alcohol and drug use/abuse
- Dental and oral health

## Immunizations: Children, birth to 2 years

The following immunizations are recommended for children in the first two years of life. Vaccine schedules may differ based on your child's age and health when starting a series of injections. Ask your doctor how you should space your child's appointments to get the best results from these vaccines to prevent serious communicable diseases.

| Immunization | Scheduling information |
|---|---|
| Hepatitis B (HepB) | 3 – 4 doses before child's 2nd birthday; the first is usually at birth |
| Rotavirus (Rota) | 2 doses before 6 months of age |
| Diphtheria, Tetanus, Pertussis (whooping cough) (DTaP) | 4 doses before child's 2nd birthday |
| Haemophilius Influenza Type B (Hib) | 3 – 4 doses before child's 2nd birthday |
| Pneumococcal (PCV) | 4 doses before child's 2nd birthday |
| Inactivated Poliovirus (IPV) | 3 – 4 doses before child's 2nd birthday |
| Influenza (Flu) | 2 doses first flu season; annually after. Children over 2 years old can use nasal spray vaccine |
| Measles, Mumps, Rubella (MMR) | Once 12 – 18 months |
| Varicella (Chicken pox) | Once 12 – 18 months |
| Hepatitis A (HepA) | 2 doses after 12 months of age; high risk children only |

## Immunizations: Children, 2 years to 18 years

The following immunizations are recommended for children from 2 to 18 years old. Children who have not received their vaccines earlier in life can receive a "catch-up" series. Vaccine schedules may differ based on your child's age and health when starting a series of injections. Ask your doctor how you should space your child's appointments to get the best results from these vaccines to prevent serious communicable diseases.

| Immunization | Scheduling information |
|---|---|
| Hepatitis B (HepB) | HepB catch up series |
| Diphtheria, Tetanus, Pertussis (whooping cough) (DTaP) | One at 4 – 6 years old; one at 11 – 12 years old; one every 10 years thereafter |
| Human Papillomavirus (HPV) | Quadravalent vaccine 3-dose series, 9 – 18 years old |
| Pneumococcal (PCV) | PCV catch-up series |
| Inactivated Poliovirus (IPV) | IPV catch-up series |
| Influenza (Flu) | Annually; children over 2 years of age can receive nasal spray vaccine |
| Measles, Mumps, Rubella (MMR) | Once at 4 – 6 years old or catch-up |
| Varicella (Chicken pox) | Once at 4 – 6 years old or catch-up |
| Hepatitis A (HepA) | Catch-up series |
| Meningococal | 2 – 6 years old; high risk children only; one 11 – 12 years old; catch-up |

## Preventive Guidelines: Adults, 18 years and older

The following preventive services are recommended on an annual basis or during the age ranges noted. Ask your physician about your individual needs for screening for early detection of serious illness.

| Screening Services | Frequency/Age Range |
|---|---|
| History, Physical Examination and Assessment:<br>• Blood Pressure<br>• Height and Weight (BMI)<br>• Depression Screening<br>• Tobacco, Alcohol or Drug Abuse Screening<br>• Sexual Wellness and Disease Screening | At each preventive visit |
| Diabetes Screening | At each preventive visit |
| Cholesterol Screening | Every 5 years beginning at age 35 |
| Colorectal Cancer | 50 years of age and over; annually with fecal occult blood test; every 5 - 10 years with colonoscopy |
| Cervical Cancer Screening (Pap smear) | Women annually at age 18 or age of sexual activity and every 1 – 3 years thereafter |
| Breast Cancer Screening (Mammogram) | Women age 40 and older; every 1 – 2 years thereafter |
| Osteoporosis Screening | Age 65 and older; once every 2 years thereafter |
| Sexually Transmitted Disease Screening | Annually based on risk |
| Pregnancy-related Screenings:<br>• Bacteria in the urine<br>• Folic acid supplementation<br>• Hepatitis B screening<br>• Rh compatibility<br>• Iron deficiency screening<br>• Gestational diabetes | Ask your doctor about additional services recommended during your pregnancy |
| Breastfeeding Support, Supplies, and Counseling | One breast pump per pregnancy |
| Contraceptive Methods and Counseling | Varies based on contraceptive methods |

## Counseling: Adults, 18 years and older

Talk with your doctor about a referral to a specialist if you have issues with:

- Physical activity and exercise
- Calcium intake
- Tobacco, alcohol and drug use/abuse
- Nutrition: obesity and eating disorders
- Safety: Sun exposure, seat belt use, fall and injury prevention
- Genetic disorders
- Interpersonal and domestic violence
- Sexually transmitted disease

## Immunizations: Adults, 18 years and older

| | |
|---|---|
| Tetanus and Diphtheria (Td/Tdap) | Every 10 years |
| Pneumococcal (Pneumonia) | One dose |
| Influenza (Flu) | Annually |
| Human Papilloma Virus (HPV) | 3-dose series before age 25 |
| Zoster (Shingles) | One dose, age 60 or over |
| Meningococcal | Certain high risk groups based on medical, occupational, lifestyle, or other indications |
| Hepatitis B or Hepatitis A | Persons at risk or catch-up series |
| Varicella (Chicken pox) | Catch-up if needed |

Sources:
www.preventiveservices.ahrq.gov, website of U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality, accessed 11/4/10.

www.cdc.gov/vaccines/pubs/acip-list.htm, website of U.S. Department of Health and Human Services, Center for Disease Control and Prevention, accessed 11/4/10.

http://brightfutures.aap.org/, website managed by American Academy of Pediatrics, accessed 05/01/12.

http://www.healthcare.gov/law/resources/regulations/womensprevention.html, a federal government website managed by the U.S. Department of Health & Human Services, accessed 05/01/12.

These guidelines are for informational purposes only. BCBSNE does not diagnose conditions or recommend specific treatment. The information provided in this document is not a substitute for your physician's care. The Patient Protection and Affordability Care Act (PPACA) went into effect for plan/policy years on and after September 23, 2010. Preventive services covered under this act must be submitted with the appropriate diagnosis and procedure code in order to be paid at the 100% benefit level. Preventive services do not generally include services intended to treat an existing illness, injury, or condition. Benefits will be determined based on how the provider submits the bill. If during your preventive services visit you receive services to treat an existing illness, injury or condition, you may be required to pay a copay, deductible and/or coinsurance for those covered services. Individual and Group health plans vary in the preventive benefits covered. Refer to your Individual Contract and/or Endorsement, Master Group Contract, Certificate of Coverage or Summary Plan Description for details on how your preventive services benefits are covered.

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