Preventive health guidelines
As of June 2021

Your guide to staying well
Regular preventive care is one of the best ways you can make sure you and your family are at your healthy best. This guide will help you stay on track with recommendations for what kind of care you may need and when. Talk to your doctor about which exams, tests, and shots are right for you.

This guide is based on suggestions from the following independent groups, as well as state-specific requirements:
- American Academy of Family Physicians
- American Academy of Pediatrics
- Advisory Committee on Immunization Practices
- American College of Obstetricians and Gynecologists
- American Cancer Society
- Centers for Disease Control and Prevention
- U.S. Preventive Services Task Force

To learn more about what your plan pays for, see your Certificate of Coverage or call the Member Services number on your ID card. You also can check anthem.com to learn about health topics that matter to you. Use anthem.com/preventive-care to search for your age- and gender-specific information.

Check your plan materials for plan benefit details.
## Well-baby and -child screenings

### Well-baby exam — birth to 2 years

Infants who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor within two to four days after being born. You might talk to the doctor about newborn care and development, nutrition and feeding, and safety, as well as parent and family health and well-being (including your living situation). At these exams, your baby may receive vaccines and screenings in addition to a physical examination.

<table>
<thead>
<tr>
<th>Age (in months)</th>
<th>Screenings</th>
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</thead>
<tbody>
<tr>
<td>Birth</td>
<td>Weight, length, and head circumference (length around the head) At each visit</td>
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<tr>
<td>1</td>
<td>Body mass index (BMI) percentile</td>
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<td>2</td>
<td>Newborn metabolic (such as phenylketonuria), sickle cell, and thyroid screening At birth to 2 (ideally at 3 to 5 days); bilirubin at birth</td>
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<td>4</td>
<td>Critical congenital heart defect At birth</td>
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<tr>
<td>6</td>
<td>Developmental, psychosocial, and behavioral At each visit</td>
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<tr>
<td>9</td>
<td>Hearing As a newborn and when your doctor suggests</td>
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<tr>
<td>12</td>
<td>Oral/dental health</td>
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<tr>
<td>15</td>
<td>Hemoglobin or hematocrit (blood count) Once between 9 and 12</td>
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<tr>
<td>18</td>
<td>Lead testing (risk assessment; as appropriate) At 12</td>
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<td>24</td>
<td>Autism At 18</td>
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<td></td>
<td>Maternal postpartum depression (for new mom) At each visit</td>
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<td></td>
<td>Blood pressure risk assessment</td>
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<td></td>
<td>Lipid disorder risk assessment</td>
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<td></td>
<td>Tuberculosis Screening based on risk factors</td>
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</table>

### Well-child exam — ages 2½ to 10 years

Depending on your child’s age, you and your doctor may discuss topics such as how to promote and develop healthy nutrition, physical activity and personal habits; education and school issues; emotional development and mental health; and physical growth and safety, as well as family and life issues. At these well-child exams, your child may receive vaccines and medical screenings in addition to a physical examination.

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<tr>
<th>Age (in years)</th>
<th>Screenings</th>
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<tr>
<td>2½</td>
<td>Height, weight, body mass index (BMI)² At each visit</td>
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<tr>
<td>3</td>
<td>Developmental, psychosocial, and behavioral At each visit</td>
</tr>
<tr>
<td>4</td>
<td>Vision Each year</td>
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<tr>
<td>6</td>
<td>Hearing Each year</td>
</tr>
<tr>
<td>7</td>
<td>Oral/dental health Each year; fluoride varnish and fluoride prescription each year through 16</td>
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<tr>
<td>8</td>
<td>Hemoglobin or hematocrit (blood count) Risk assessment each year</td>
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<tr>
<td>9</td>
<td>Gonorrhea and chlamydia For sexually active women ages 24 and younger</td>
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<tr>
<td>10</td>
<td>Human immunodeficiency virus (HIV) Once between 15 and 18</td>
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<td></td>
<td>Lipid disorder Once between 17 and 21</td>
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<tr>
<td></td>
<td>Urine (as your doctor suggests) and sexually transmitted infections For sexually active teens, beginning at age 11</td>
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<td>Tobacco, alcohol, or drug use Risk assessment each year, beginning at age 11</td>
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</tbody>
</table>

### Well-child to young adult exam — ages 11 to 20 years

The doctor may talk to you about issues such as home life and school performance; physical growth and development (oral health, body image, healthy eating, physical activity, and sleep); emotional well-being (mood regulation and mental health, sexuality); how to reduce certain risks (for example: pregnancy and sexually transmitted infections; tobacco, e-cigarettes, alcohol, prescription, or street drugs; hearing damage); and safety (seat belt and helmet use, sun protection, substance use, riding in a vehicle, and firearm safety), that are important for the age group of your child or adolescent. At these exams, your child may receive vaccines and medical screenings in addition to a physical examination.

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<thead>
<tr>
<th>Age (in years)</th>
<th>Screenings</th>
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<tbody>
<tr>
<td>11</td>
<td>Height, weight, body mass index (BMI)² At each year</td>
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<tr>
<td>12</td>
<td>Developmental, psychosocial, and behavioral Each year</td>
</tr>
<tr>
<td>13</td>
<td>Depression Each year</td>
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<tr>
<td>14</td>
<td>Blood pressure Each year</td>
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<tr>
<td>15</td>
<td>Vision Each year</td>
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<tr>
<td>16</td>
<td>Hearing Each year</td>
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<tr>
<td>17</td>
<td>Oral/dental health Each year; fluoride varnish and fluoride prescription each year through 16</td>
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<tr>
<td>18</td>
<td>Hemoglobin or hematocrit (blood count) Risk assessment each year</td>
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<tr>
<td>19</td>
<td>Gonorrhea and chlamydia For sexually active women ages 24 and younger</td>
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<tr>
<td>20</td>
<td>Human immunodeficiency virus (HIV) Once between 15 and 18</td>
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<td></td>
<td>Lipid disorder Once between 17 and 21</td>
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<tr>
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<td>Urine (as your doctor suggests) and sexually transmitted infections For sexually active teens, beginning at age 11</td>
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<td></td>
<td>Tobacco, alcohol, or drug use Risk assessment each year, beginning at age 11</td>
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</tbody>
</table>

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2. Receive fluoride varnish on your teeth when your doctor suggests. Your doctor may also give you a fluoride prescription, depending on your drinking water.

3. Height and weight is used to find BMI. BMI is used to see if a person has the right weight for height, or is under or overweight for height. The BMI percentile is based on children and young adolescents.  BMI percentile also uses age and gender to see if a person is under or overweight.

Please note: Coverage of these services varies by health plan.
**Adult screenings — women**

**Wellness exam**
Set up a physical each year to make sure you are at your healthy best. At these exams, your doctor might talk with you about health and wellness issues. These may include diet and physical activity; family planning and folic acid for women who are of the age to become pregnant; sexual behavior and screening for sexually transmitted infections, including HIV and hepatitis B (if high risk), as well as intimate partner violence. Issues may also include how to prevent injuries; counseling to reduce the risks of developing skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks; misuse of drugs and alcohol; how to stop using tobacco; secondhand smoke; dental health; and mental health, including screening for depression. At this visit, you may receive vaccines and the screenings listed below:

| Age (in years) | Height, weight | Body mass index (BMI) | Blood pressure | Breast cancer: mammogram | Cervical cancer: ages 21 to 29 | Cervical cancer: ages 30 to 65 | Cervical cancer: ages 65+ | Colorectal cancer | Gonorrhea and chlamydia | Contraceptive methods and counseling | Glucose screening for type 2 diabetes | Osteoporosis | Hepatitis C |
|---------------|----------------|----------------------|----------------|----------------------------|-------------------------------|-------------------------------|---------------------|----------------------|----------------------------------|----------------------------------|-----------------|-------------|
| 19 to 21      | Each year or as your doctor suggests | Each year or as your doctor suggests | Each year or as your doctor suggests; high measurements should be confirmed in the home setting | Every three years | Should have a Pap test every three years or HPV testing alone or in combination with Pap test (co-testing) every five years. | | | | | Each year or as your doctor suggests | | | |
| 21 to 29      | | | | | | | | | | | | | |
| 30            | | | | | | | | | | | | | |
| 35            | | | | | | | | | | | | | |
| 40            | | | | | | | | | | | | | |
| 45            | | | | | | | | | | | | | |
| 50            | | | | | | | | | | | | | |
| 55            | | | | | | | | | | | | | |
| 60            | | | | | | | | | | | | | |
| 65 and older  | | | | | | | | | | | | | |

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2. Women should talk to their doctor and make a personal choice regarding the optimal age at which to begin screening. Women aged 50 to 74 may have the option to screen every two years.
3. For sexually active females, the age to avoid unwanted pregnancies and space pregnancies to promote optimal birth outcomes.

**Please note:** Coverage of these services varies by health plan.
Pregnant women

Pregnant women should see their doctor or OB/GYN 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 to 28 weeks
- Syphilis
- Urinalysis — Urine for asymptomatic bacteriuria, as your doctor suggests

The doctor may talk to you about what to eat and how to be active when pregnant, as well as staying away from tobacco, drugs, alcohol, and other substances. Your doctor will follow up during pregnancy and after birth to support breastfeeding, access to lactation supplies, and counseling.

Other tests and screenings:
Some tests given alone or with 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 factors. 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 right for you:

- Amniocentesis
- Chorionic villus sampling
- Special blood tests
- Cell-free DNA (a blood test to check for chromosomal abnormalities in the baby)
- Ultrasound tests, including special tests (used with cell-free DNA tests) and routine two-dimensional tests to check on the baby

Medications:
If you are at high risk for a condition called preeclampsia, your doctor may recommend the use of low-dose aspirin as preventive medication.

Vaccines:
If you are pregnant during the flu season (October to March), your doctor may want you to have the inactivated flu vaccine. Pregnant adolescents and adults should be vaccinated with the Tdap vaccine with each pregnancy. Tdap should be administered between 27 and 36 weeks gestation, although it may be given at any time during pregnancy. Currently, available data suggests that vaccinating earlier in the 27- through 36-week window will maximize passive antibody transfer to the infant for the most benefit. While other vaccines may be given in special cases, it is best to receive the vaccines you need before you become pregnant. Women should always check with their doctor about their own needs.

You should not receive these vaccines while you are pregnant:
- Measles, mumps, rubella (MMR)
- Varicella

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Please note: Coverage of these services varies by health plan.
## Adult screenings — men

### Wellness exam
The doctor might talk with you about health and wellness issues. These may include diet and physical activity; family planning; how to prevent injuries; misuse of drugs and alcohol; how to stop using tobacco; secondhand smoke; sexual behavior and screening for sexually transmitted infections, including HIV and hepatitis B (if high risk); counseling to reduce the risks of developing skin cancer; special risks you might have for cancer (such as family history) and steps you can take to manage those risks; dental health; and mental health, including screening for depression. At this visit, you may receive vaccines and the screenings listed below:

<table>
<thead>
<tr>
<th>Screenings</th>
<th>19</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
<th>50</th>
<th>55</th>
<th>60</th>
<th>65 and older</th>
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<tbody>
<tr>
<td>Height, weight</td>
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<td>Each year or as your doctor suggests</td>
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<td>Body mass index (BMI)</td>
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<td>Each year or as your doctor suggests</td>
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<td>Blood pressure</td>
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<td>Each year or as your doctor suggests; high measurements should be confirmed in the home setting</td>
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<td>Cholesterol</td>
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<td>Statin use may be recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease.</td>
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</tbody>
</table>
| Colorectal cancer               |     |     |     |     |     |     |     |     |     |     | At age 45 and continuing until 75, your doctor may suggest any one of these test options: 
  - Direct visualization tests  
  - Colonoscopy  
  - CT colonography  
  - Flexible sigmoidoscopy  
  - Stool-based tests  
  - Fecal immunochemical test (FIT)  
  - Guaiac-based fecal occult blood test (gFOBT)  
  - Multi-targeted stool DNA test (FIT-DNA) |
| Glucose screening for type 2 diabetes |     |     |     |     |     |     |     |     |     |     | As your doctor suggests, from ages 40 to 70, if you are overweight or obese. If you have high glucose, you should talk to your doctor about intensive counseling interventions to promote a healthy diet and physical activity. |
| Prostate cancer                 |     |     |     |     |     |     |     |     |     |     | If you are ages 55 to 69, discuss the risks and benefits of prostate cancer tests with your doctor. |
| Abdominal aortic aneurysm       |     |     |     |     |     |     |     |     |     |     | Screen once for ages 65 to 75 if you have ever smoked. |
| Hepatitis C                     |     |     |     |     |     |     |     |     |     |     | Screen once between the ages of 18 and 79 years. |

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Please note: Coverage of these services varies by health plan.
**Suggested vaccine schedule**

For more information about vaccines and the current recommendations on COVID-19 vaccinations, visit cdc.gov/vaccines.

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Birth</th>
<th>1 to 2 months</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
<th>6 to 18 months</th>
<th>12 to 15 months</th>
<th>18 to 24 months</th>
<th>19 to 23 months</th>
<th>4 to 6 years</th>
<th>11 to 12 years</th>
<th>13 to 18 years</th>
<th>19 to 60 years</th>
<th>60 to 64 years</th>
<th>65+ years</th>
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<tbody>
<tr>
<td><strong>Hepatitis B</strong></td>
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<td><strong>Rotavirus (RV)</strong></td>
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<tr>
<td><strong>Diphtheria, tetanus, pertussis (DTaP)</strong></td>
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<td><strong>Tetanus, diphtheria, pertussis (Td/Tdap)</strong></td>
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<td><strong>Haemophilus influenza type b (Hib)</strong></td>
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<td><strong>Pneumococcal conjugate (PCV)</strong></td>
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<td><strong>Inactivated polio virus (IPV)</strong></td>
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<td><strong>Influenza (flu)</strong></td>
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<td><strong>Measles, mumps, rubella (MMR)</strong></td>
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<td><strong>Varicella (chickenpox)</strong></td>
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<td><strong>Hepatitis A</strong></td>
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<td><strong>Human papillomavirus (HPV)</strong></td>
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<td><strong>Pneumococcal 13-valent conjugate (PCV13)</strong></td>
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<td><strong>Pneumococcal polysaccharide (PPSV23)</strong></td>
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<td><strong>Zoster</strong></td>
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Learn more about your plan by downloading the Sydney HealthSM app or visiting anthem.com.

For more information on health and wellness topics, visit our blog at anthem.com/blog.