To stay healthy, adults need preventive check-ups. These guidelines describe recommended preventive services that most adults need. Depending on your personal health care needs or risk factors, your doctor may give you a different schedule. If you think you may be at risk for a particular condition, talk to your doctor.

To verify your benefits, check your benefit contract, your enrollment materials or log in to My Account at www.carefirst.com/myaccount.

Counseling and education
Depending on the patient’s age, health care providers will discuss one or more of these topics or provide screenings during exams:

- Drug and alcohol use
- Tobacco use
- Harmful effects of smoking on children’s health
- Exercise and diet, including recommended changes
- Injury prevention
- Dental health
- Hepatitis A, B and C
- Sexual behavior
- Sexually transmitted diseases
- Use of alternative medicines and therapies
- Tuberculosis (TB)
- Domestic violence
- Aspirin therapy

Screenings for men and women ages 21 & older

- Medical history and physical exam: At the advice of the doctor
- Height: At least once with follow-up as needed
- Weight: Screen all adults for obesity; body mass index (BMI) recommended
- Blood pressure:
  - At least every 2 years if blood pressure is less than 120/80
  - Every year if systolic measure (top number) is 120–139 or diastolic measure (bottom number) is 80–90
- Cholesterol: Every 5 years for men and women ages 20 and older
- Diabetes: Every 3 years for patients with any of these risk factors:
  - Obesity (BMI greater than 25)
  - Family history of diabetes
  - High blood pressure
  - High cholesterol
  - High blood sugar
  - History of vascular disease
  - Inactivity
- Colorectal cancer: Ages 50–75 with average risk
  - Colonoscopy every 10 years, or
  - Flexible sigmoidoscopy every 5 years, with fecal occult blood test every 3 years
- Yearly fecal occult blood test
- Depression: Screen men and women every year
- Hepatitis B: For men and women at increased risk for infection
- Hepatitis C: At least once for those born between 1945 and 1965
- Human immunodeficiency virus (HIV): For men and women at increased risk for HIV infection
- Syphilis: For men and women at increased risk for syphilis infection

* Guidelines are adapted from a variety of sources including: United States Preventive Services Task Force; American Diabetes Association; American Cancer Society, and National Comprehensive Cancer Network.
Preventive Guidelines for Adults

Screenings for women only

- **Breast cancer**: Routine screening every 2 years for women aged 50 to 74 years. The decision to start screening before the age of 50 should be between you and your doctor. Discuss the possible benefits and harm of screening and treatment with your doctor.
- **Hereditary breast and ovarian cancer screening**: Women who carry the genes associated with increased risk (a strong family history of breast, ovarian, tubal or peritoneal cancer) should be referred for genetic counseling and evaluation for testing.
- **Cervical cancer**:  
  - Pap smear every 3 years for ages 21–29  
  - For women ages 30 and older, Pap smear alone every 3 years OR a combination of Pap smear and HPV testing every 5 years  
  - Screening is not recommended for women older than 65 who have had adequate prior screening  
  - Screening is not suggested for women who have had a hysterectomy with removal of the cervix.
- **Chlamydia**: For sexually active women ages 25 and younger who are not pregnant; the doctor may advise the test for women older than age 25.
- **Cystic Fibrosis carrier screening**: For women of child-bearing age, preferably before conception.
- **Osteoporosis**:  
  - Begin at age 65 or older for women at average risk. Women at greater risk should be screened at an earlier age  
  - Counseling for women ages 21 and older to get enough calcium.
- **Menopause counseling**: Women who are of menopausal age should be counseled about menopause, risks and benefits of estrogen replacement, treatment and lifestyle changes.
- **Screening pelvic exam**: Is not recommended for women with no symptoms and who are not pregnant. The decision not to have this exam should be between you and your doctor. Discuss the benefits and harm with your doctor.

Screenings for Men Only

- **Prostate cancer**: Discuss the possible benefits and harm of screening and treatment with your doctor.
- **Aortic abdominal aneurysm**: One-time ultrasonography for men ages 65 to 75 who smoke or have smoked.
- **Osteoporosis**: Periodic screenings for older men with risk factors.

For more information about health and wellness, visit [www.carefirst.com/livinghealthy](http://www.carefirst.com/livinghealthy).
Preventive Guidelines for Children

To stay healthy, children need routine shots and preventive check-ups. These guidelines describe recommended preventive services that most children need. Depending on your child’s personal health care needs or risk factors, your doctor may give you a different schedule. If you think your child may be at risk for a particular condition, talk to your doctor.

To verify your benefits, check your benefits contract, your enrollment materials or log in to My Account at www.carefirst.com/myaccount.

Counseling and Screenings

Your health care provider should discuss these topics at every exam, depending on your child’s age:

- Injury prevention
- Diet and exercise
- Substance use
- Smoking
- Dental health: Check-ups twice a year, beginning at age 2
- Sexual behavior
- Depression
- Domestic violence
- Use of alternative medicine and therapies
- Sun safety

Birth to 24 Months

- Medical history and exam: At birth to 1 month and at 2, 4, 6, 9, 12, 15 and 18 months
- Height, weight, hearing, vision, head measurement, and assessment of growth, development and behavior: Each visit
- Congenital heart disease: After 24 hours of age before discharge from the hospital
- Congenital hypothyroidism: 2–4 days of age
- Tests required by state law: By 1 month
- Tuberculin skin test: Once by age 12 months; check once a year for high-risk factors
- Lead poisoning test: Once between 9 and 12 months
- Hematocrit/Hemoglobin: Once between 9 and 12 months
- Autism screening: At 18-month visit and 24-month visit
- Sexually transmitted disease: HIV test for infants born to mothers whose HIV status is unknown
- Sickle Cell Disease: Once between 9-12 months
- Nutrition counseling: From birth to 21 months, check the baby’s eating habits
- Remember to use firm bedding and place healthy babies on their backs to sleep.

Find out when your child’s shots are due at: www.carefirst.com/prevention.
For more information about health and wellness, visit www.carefirst.com/livinghealthy.

* Guidelines are adapted from a variety of sources including: American Academy of Pediatrics; American Academy of Family Physicians; Centers for Disease Control and Prevention, and United States Preventive Services Task Force.
Preventive Guidelines for Children

Ages 2 to 10

- **Medical history and exam**: Ages 2, 2½, 3, 4, 5, 6, 7, 8, 9 and 10
- **Height, weight, hearing, vision, and assessment of growth, development and behavior**: Each visit; body mass index (BMI) once a year, starting at age 2
- **Head measurement**: Until age 2
- **Blood pressure**: Each visit, beginning at age 3
- **Cholesterol**: Test one time between 9–11 years
- **Urinalysis**: Age 5
- **Rubella**: Vaccination history or blood test for girls of child-bearing age, beginning at age 10
- **Tuberculin skin test**: Assess annually and test if high risk
- **Diabetes**: Testing every 3 years, beginning at age 10 or at onset of puberty, whichever comes first, if these conditions apply:
  - Overweight (body mass index > 85th percentile or weight > 120% of ideal for height)
  - Family history of type 2 diabetes
  - Native American, African American, Latino, Asian American or Pacific Islander race/ethnicity
- **Hematocrit/Hemoglobin**: Assess risk at 15 months and 30 months
- **Obesity screening**: Starting at age 6

Ages 11 to 21

- **Medical history and exam**: Once a year
- **Height, weight, hearing, vision, and assessment of growth, development and behavior**: Each well visit; BMI once a year
- **Blood pressure**: Each visit
- **Cholesterol**: Test one time between 18–21 years
- **Rubella**: Vaccination history or blood test for females of childbearing age
- **Hematocrit/Hemoglobin**: Screen females once a year after periods begin
- **Urinalysis**: Beginning at age 11, screen annually if sexually active
- **Tuberculin skin test**: Assess annually and test if high risk
- **Depression**: Screen annually between 11–21 years of age
- **Sexually transmitted diseases**: Screen if sexually active or at high risk beginning at age 11. Screen for HIV once between 16 and 18 and test annually if at high risk
- **Pelvic exam**: Most women under age 21 should not be screened for cervical cancer regardless of sexual activity or other factors
- **Calcium counseling**: Beginning at age 11
- **Obesity screening**: Between 11–18 years

Depending on your child’s age and history, your doctor may screen for other high-risk conditions, including hepatitis A, B and C, chlamydia, gonorrhea and HIV.
Summary of Preventive Services
(As of September 2016)

The preventive services set forth below apply to plans that have elected or are required to provide preventive services under the Patient Protection and Affordable Care Act. Such preventive services are covered where clinically appropriate, under recommendations of the United States Preventive Services Task Force and supporting evidence. Limitations may apply with respect to the availability, setting, frequency, or method of a service or treatment.

Children

Well child visits (to age 21) to include:

- Autism screening
- Certain diagnostic screenings for newborns
- Cervical dysplasia for sexually active females
- Depression screening
- Developmental screenings—under age 3
- Hearing screening for newborns
- Hematocrit or hemoglobin screening
- HIV screening
- Lead testing
- Obesity screening
- Vision screening

Immunizations for Children

- Diphtheria, Tetanus, Pertussis
- Hepatitis A and Hepatitis B
- Human Papillomavirus (HPV)
- Inactivated Polio
- Influenza
- Influenza B
- Measles, mumps and rubella
- Meningococcal
- Pneumococcal
- Rotavirus
- Varicella

Health, diet and weight counseling

Alcohol and drug assessments for older children

Adults

Preventive care visits include:

- Abdominal aortic aneurysm (one-time) screening
- Alcohol misuse screening
- Anemia screening
- Breast cancer (mammogram)
- BRCA testing for breast/ovarian cancer risk and genetic counseling
- Breastfeeding support, supplies and counseling
- Cervical cancer screening
- Cholesterol screening
- Colon cancer (colonoscopy)
- Depression screening FDA-approved contraceptives and counseling
- Gestational diabetes screening
- Hepatitis B and Hepatitis C screening
- High blood pressure screening
- HIV screening
- HPV DNA testing
- Intimate partner, interpersonal and domestic violence screening and counseling
- Lung cancer screening
- Obesity screening
- Osteoporosis screening
- Rh incompatibility and urinary tract infection screenings for pregnant women
- Sexually transmitted diseases
- Type 2 diabetes screening

Health, diet and weight counseling for qualifying adults

Tobacco use screening and cessation counseling
Breast cancer drugs
- Tamoxifen and Raloxifene for women 35 and older at an increased risk for invasive breast cancer. Preauthorization required.

Breastfeeding supplies
Provided under the Durable Medical Equipment (DME) benefits of the contract.

Coverage is provided for:
- Electric breast pump (rental and/or purchase)
- Hospital grade electric breast pump (rental)
- Manual breast pumps (rental and/or purchase)

Replacement supplies include:
- Adapter for breast pump
- Breast pump replacement tubing
- Breast shield and splash protector for use with breast pump
- Cap for breast pump bottle
- Locking ring for breast pump
- Polycarbonate bottle for use with breast pump

Fall Prevention
- Physical therapy and Vitamin D (OTC*) supplementation to prevent falls in community-dwelling adults (those who are not in assisted living facilities or nursing homes), age 65 years or older who are at increased risk for falls.

FDA-approved contraceptives
- Cervical cap (P) with spermicide (OTC*)
- Contraceptive implant system (inserted by doctor)
- Contraceptive patch (P)

- Contraceptive ring (P)
- Diaphragm (P) with spermicide (OTC*)
- Female condom (OTC*)
- IUD (inserted by doctor)
- Morning after pill (generic only) (OTC*)
- Oral contraceptive (brand name (P) only when generic equivalent drug is medically inappropriate, as determined by the individual’s health care provider). Preauthorization and medical review of brand name oral contraceptives is required.
- Oral contraceptive (generics) (P)
- Shot/injection¹ (generic only) (P)
- Spermicide (OTC*)
- Sponge (OTC*) with spermicide (OTC*)
- Sterilization implant
- Sterilization surgery

Prenatal care
- Prenatal laboratory diagnostic tests and services related to the outpatient care of an uncomplicated pregnancy
- Routine prenatal obstetrical office visits

Preventive drugs for adults
- Aspirin (81mg) (OTC*)
- Colon Preparations—age 50-74 (P)
- Folic Acid—women of childbearing age (P)
- Smoking Cessation (OTC*)
- Vitamin D (600IU-800IU)—age 65 years and older (P)

Preventive drugs for children
- Fluoride—preschool age (P)
- Iron—6–12 mo. risk of anemia (OTC*)

Additional information on Preventive Services is available at www.healthcare.gov/coverage/preventive-care-benefits

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¹ Includes brand name Depo-SubQ Provera 104 (injection) (P) Prescription Required
(OTC) Over the Counter
* Requires a prescription from a physician and must be purchased at a pharmacy to obtain the zero-cost share.