

Preventive health guidelines

As of May 2015

What is your plan for better health?

Make this year your best year for wellness. Your health plan may help pay for tests to find disease early and routine wellness exams to help you and your family stay well. Talk with your doctor (health care provider) about the care that is right for you.

Your plan may not pay for all services and treatments in this guide. To learn more about what your plan pays for, see your *Certificate of Coverage* or call the Customer Care number on your ID card. You also can check anthem.com/ca to learn about health topics from child care to zinc.

The content in this guide is based in part on suggestions from these independent groups and based on state-specific requirements:

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

This guide is just for your information; it is not meant to take the place of medical care or advice.

Use this guide to know when to set up visits with your doctor for you and your children. Ask your doctor which exams, tests and vaccines are right for you, when you should get them and how often. How you get certain diseases is not talked about in this guide.

Please see your plan handbook to check on your plan benefits.

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 if you are a first-time parent, are having a high-risk pregnancy, or want to learn about feeding, circumcision or well-baby care. At the well-baby exam, you may get advice on your child's safety, dental exams and care, overall health, diet, physical activity and development. At these exams, your baby may get vaccines and the screenings listed below or others, such as tuberculin and sickle cell anemia, if needed.

Screenings	Age (in months)									
	Birth	1	2	4	6	9	12	15	18	24
Weight, length and head circumference (the length around the head)	at each visit									
Newborn metabolic, sickle cell and thyroid screening	birth to 2 months									
Development and behavior	at each visit									
Hearing	as a newborn and when your doctor suggests									
Oral/dental health	at each visit**									
Hemoglobin or hematocrit (blood count)						once between 9 and 12				
Lead testing (unless you are sure the child has not been around lead)							at 12			at 24
Autism									at 18	at 24

Well-child exam — ages 2½ to 10 years*

You may get advice about how to keep your child safe, how to prevent injuries, counseling to reduce the risks of getting skin cancer, good health, diet, physical activity and development. Annual dental referrals starting at age 3 or earlier, if needed. At these well-child exams, your child may get vaccines and the screenings listed below or others, such as tuberculin and urine, if needed.

Screenings	Age (in years)									
	2½	3	4	5	6	7	8	9	10	
Height, weight, body mass index (BMI)***	each year									
Development and behavior	at each visit									
Vision	each year									
Hearing	each year									
Oral/dental health		fluoride**	each year							
Blood pressure	each year starting at 3 years									
Chlamydia										

Well-child exam — ages 11 to 18 years*

The doctor may talk to you about health and wellness issues. These include diet, exercise, healthy weight, sexual health, sexually transmitted infections, how to prevent injuries, alcohol and drugs, counseling to reduce the risks of getting skin cancer, avoiding tobacco, secondhand smoke, dental health and mental health. At these exams, your child may get vaccines and the screenings listed below or others, such as tuberculin and urine, if needed.

Screenings	Age (in years)							
	11	12	13	14	15	16	17	18
Height, weight body mass index (BMI)***	each year							
Development and behavior	each year							
Blood pressure	each year							
Vision	each year							
Hearing	each year							
Oral/dental health	each year							
Chlamydia	for sexually active women aged 24 and younger							

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

*** 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 over weight for height.

Adult screenings – women*

Well-person exam

The doctor may talk with you about health and wellness issues. These include diet, exercise, family planning for ages 19-39 and folic acid for women who are of the age to get pregnant, sexual behavior and screening for sexually transmitted infections including HIV and HBV if high risk as well as intimate partner violence. It also includes how to prevent injuries, counseling to reduce the risks of getting skin cancer, special risks you might have for cancer (such as family history) and steps you can take to manage any such risks, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, dental health and mental health. At this visit, you may get vaccines and these screenings:

Screenings	19-21	21-29	30	35	40	45	50	55	60	65 and older
Height, weight	each year or as your doctor suggests									
Body mass index (BMI)	each year or as your doctor suggests									
Blood pressure	each year or as your doctor suggests									
Breast cancer: doctor exam	every one to three years					each year from age 40 to 65+				
Breast cancer: mammogram						each year from age 40 to 65+				
Cervical cancer: ages 21-29	every three years									
Cervical cancer: ages 30-65	Should have a Pap test plus an HPV test (called “co-testing”) every five years. This is the preferred approach, but it is also okay to have a Pap test alone every three years.									
Cervical cancer: ages 65+	Stop screening at age 65 if last three Pap tests or last two co-tests (Pap plus HPV) within the previous 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screening with your doctor.									
Colorectal cancer							At age 50, your doctor may suggest one of these test options: 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every five years 3. Both #1 and #2 4. Double-contrast barium enema every five years 5. Colonoscopy every 10 years 6. CT colonography may take the place of a colonoscopy in some cases			
Chlamydia	sexually active women ages 24 and younger									
Cholesterol							Every 5 years starting at age 45, with more screenings as your doctor suggests or for women ages 20-45, if at increased risk for coronary heart disease.			
Osteoporosis	The test to check how dense your bones are should start no later than age 65; women at menopause should talk to their doctor about osteoporosis and have the test when at risk.									
Hepatitis C	screen once if born between 1945-1965									

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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:

- **Diabetes** during pregnancy
- **Hematocrit/hemoglobin** (blood count)
- **Hepatitis B**
- **HIV**
- **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 26 to 28 weeks
- **Syphilis**
- **Urinalysis** – when your doctor wants it

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. You also may discuss breast-feeding support, 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 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 at high risk for a condition called preeclampsia, your doctor may recommend the use of low-dose aspirin, (ASA), as preventive medication.

Vaccines:

If you are pregnant in flu season (October to March), your doctor may want you to have the inactivated flu vaccine. Pregnant adolescents and adults should be vaccinated with Tdap vaccine with each pregnancy. While other vaccines may be given in special cases, it is 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**

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Adult screenings — men*

Well-person exam

The doctor may talk with you about health and wellness issues. These include diet, exercise, family planning for ages 19-39, 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 HBV if high risk, counseling to reduce the risks of getting skin cancer, special risks you might have for cancer (such as family history) and steps you can take to manage any such risks, dental health and mental health. At this visit, you may get vaccines and these screenings:

Screenings	Age (in years)										
	19	20	25	30	35	40	45	50	55	60	65 and older
Height, weight	each year or as your doctor suggests										
Body mass index (BMI)	each year or as your doctor suggests										
Blood pressure	each year or as your doctor suggests										
Cholesterol					Every 5 years starting at age 35, with more screenings as your doctor suggests or for men ages 20-35, if at increased risk for coronary heart disease.						
Colorectal cancer									At age 50, your doctor may suggest one of these test options: 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every five years 3. Both #1 and #2 4. Double-contrast barium enema every five years 5. Colonoscopy every 10 years 6. CT colonography may take the place of a colonoscopy in some cases		
Prostate cancer									If you are 50 or older, discuss with your doctor the risks and benefits of the prostate cancer tests.		
Abdominal aortic aneurysm											one time for ages 65-75 for those who have ever smoked
Hepatitis C									screen once if born between 1945-1965		

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Suggested vaccine schedule*

For additional information regarding vaccinations, refer to 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	19-60 years	60-64 years	65+ years
Hepatitis B	✓	✓				✓									
Rotavirus (RV)			✓ two-dose or three-dose series												
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓					
Tetanus, diphtheria, pertussis (Td/Tdap)											✓ Tdap		✓ Td booster every 10 years		
Haemophilus influenza type b (Hib)			✓ three- or four-dose series — first 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 to 65+ years of age					
Measles, mumps, rubella (MMR)							✓			✓					
Varicella (chickenpox)							✓			✓					
Hepatitis A							✓ two-dose series								
Human papillomavirus (HPV)											✓ three-dose series				
Meningococcal											✓	✓ at 16 years of age			
Pneumococcal 13-valent conjugate (PCV13)															✓
Pneumococcal polysaccharide (PPSV23)													✓ suggested for smokers and asthmatics		✓
Zoster														✓ one single dose for ages 60+	

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✓ Shows when vaccines are suggested

Hepatitis B — You may get an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose. If you are 18 years or older, you should get a screening if you are high risk for infection.

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

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

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

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

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

Influenza (flu) — Refer to flu.gov or cdc.gov to learn more about this vaccine. (Children 6 months to 8 years of age having the vaccine for the first time should have two doses separated by four weeks.)

Measles, mumps, rubella (MMR) and varicella (chickenpox) — All adults born after 1957 should have documentation of one or more doses of MMR vaccine unless they have a medical contraindication to the vaccine, or laboratory evidence of immunity to each of the three diseases.

Human papillomavirus (HPV) — This vaccine is for girls (HPV2, HPV4 or 9vHPV) and boys (HPV4 or 9vHPV) 11 to 12 years of age, but it may be given as early as 9 years of age. This vaccine can be given up to age 26. The second dose is given one to two months after the first dose. The third dose is given 24 weeks after the first dose and 16 weeks after the second dose.

Meningococcal — Two doses of this vaccine are given (excludes Meningococcal B). The first dose at 11 or 12 years of age and the next dose at 16.

Pneumococcal polysaccharide (PPSV23) — Smokers and asthmatics should get one dose if they've never gotten the vaccine or don't know their vaccine history. Anyone who got the vaccine before age 65 should get another dose after 65 (just wait at least five years in between doses).

Pneumococcal 13-valent conjugate (PCV13) — If you have not gotten PPSV23, you should get PCV13 first followed by PPSV23 six to 12 months later. If you have gotten PPSV23, get PCV13 12 months or more later. If you are not sure of your vaccine history, you should get PCV13 before PPSV23.

**To learn more about your plan,
please see [anthem.com/ca](https://www.anthem.com/ca).**

To learn more about vaccines, please see the Centers for Disease Control and Prevention (CDC) website: [cdc.gov](https://www.cdc.gov).