

GUIDELINES TO GOOD HEALTH



BlueCaid of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

Adult Preventive Services (Ages 18-49)

Service	18-39 Years	40-49 Years
Health maintenance exam	One health exam every 1-5 years based on risk factors. Each exam should include: <ul style="list-style-type: none"> Height, weight and body mass index Risk evaluation and counseling (nutrition, overweight/obesity, physical activity, dental health, tobacco use, immunizations, HIV/sexually transmitted diseases prevention and sexual health, sexual abuse, preconception counseling for all women of reproductive ages, medicines including over-the-counter and herbal preparations and sun exposure) Safety (domestic violence, seat belts, helmets, firearms, smoke and carbon monoxide detectors) Behavioral health assessment (depression, suicide threats, alcohol/drug use, anxiety, stress and/or other risk factors are present). 	
Blood pressure	At every office visit or at least every 2 years. If BP is 120-139/80-89 or higher and/or other risk factors are present, more frequent monitoring is recommended.	
Cholesterol and lipid screening	Starting at 35 years for low-risk men; 45 years for low-risk women — measure a complete fasting lipoprotein profile, i.e. total cholesterol, LDL-C, HDL-C every 5 years if first test is normal in low-risk adults. If there are multiple risk factors, more frequent tests are recommended.	
Diabetes screening	Not needed unless high risk (e.g. obesity, family history, high risk ethnic groups such as African Americans, Native Americans, Hispanics and Pacific Islanders, previously identified impaired fasting plasma glucose or impaired glucose tolerance: history of gestational diabetes, hypertension, HDL-C<35 or triglyceride>250mg/dl, polycystic ovarian disease or history of vascular disease.	Fasting plasma glucose every 3 years starting at age 45, especially if BMI>25.
Chlamydia screening	Recommended for all sexually active women age 24 and younger, and sexually active women age 25 and older if high risk (i.e. new or multiple sexual partners, history of sexually transmitted diseases and/or not using condoms consistently or correctly).	
Colorectal cancer screening	Not needed unless high risk (family history, history of colorectal polyps, chronic inflammatory bowel disease).	
Glaucoma screening	Not needed unless high risk (increased eye pressure, family history, people who have diabetes, nearsightedness, regular/long-term steroid use, previous eye injury or African-American).	Every year beginning at age 45 for those at high risk.
Cervical cancer screening/ Pap Smear	At least every 3 years, more often if high risk (i.e. history of abnormal Pap test, sexually transmitted diseases or HIV, sexual activity before age 18 or multiple partners, vaginal spotting or bleeding between periods, after intercourse, after menopause, or tobacco use). May not need if you had a hysterectomy; talk to your doctor.	
Mammography/Clinical breast exam	Not needed unless high risk	Every 1-2 years
Immunizations:		
Tdap/Td	Tdap once after age 11, then Td every 10 years.	
HPV	All females 26 years and younger should have 3 doses.	Not applicable
Influenza	Every year if high risk; optional for those who wish to avoid getting the flu. Talk to your doctor.	
MMR	2 doses	
Pneumonia	Not needed unless high risk	
Varicella	Talk to your doctor (19-49 years)	

Adult Preventive Services (Ages 50-65+)

Service	50-64 Years	65+ Years
Health maintenance exam	One exam every 1-3 years based on risk factors. Each exam should include: <ul style="list-style-type: none"> Height, weight and body mass index Risk evaluation and counseling (nutrition, overweight/obesity, physical activity, dental health, tobacco use, immunizations, HIV/sexually transmitted diseases prevention and sexual health, sexual abuse, medicines including over-the-counter and herbal preparations and sun exposure) Safety (domestic violence, seat belts, helmets, firearms, smoke and carbon monoxide detectors) Behavioral health assessment (depression, suicide threats, alcohol/drug use, anxiety, stress reduction and coping skills) 	One exam at least every 2 years
Blood pressure	At every office visit or at least every 2 years. If BP is 120-139/80-89 or higher and/or other risk factors are present, more frequent monitoring is recommended.	
Cholesterol and lipid screening	Measure a complete fasting lipoprotein profile, i.e. total cholesterol, LDL-C, HDL-C and triglycerides every 5 years if first test is normal in low-risk adults. If there are multiple risk factors, more frequent tests are recommended.	
Diabetes screening	Fasting plasma glucose every 3 years and at your doctor's suggestion.	
Osteoporosis screening	Post-menopausal women with any of the following: personal history of fracture without substantial trauma ≥ age 40, family history of fracture (hip, wrist or spine in a first-degree relative ≥ age 50), currently smoking, weight <127 lbs, frailty, low estrogen, alcoholism, personal or family history of fragility or osteoporosis; men or women on chronic glucocorticosteroids or who received a solid organ donation more than 2 years ago. Bone mineral density test once for initial diagnosis — do not repeat more frequently than every 2 years.	Women over age 65 regardless of risk factors.

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Adult Preventive Services (Ages 50-65+) (cont.)

Service	50-64 Years	65+ Years
Colorectal cancer screening	<ul style="list-style-type: none"> Fecal occult blood test every year and/or Sigmoidoscopy or double contrast barium enema every five years or Colonoscopy every 10 years 	
Glaucoma screening	Not needed unless high risk (e.g. increased eye pressure, family history, people who have diabetes, nearsightedness, regular/long-term steroid use, previous eye injury or African American).	Every 2 years, every year if high risk.
Cervical cancer screening/ Pap Smear	At least every 3 years, more often if high risk (i.e. history of abnormal Pap test, sexually transmitted diseases or HIV, sexual activity before age 18 or multiple partners, vaginal spotting or bleeding between periods, after intercourse, after menopause or tobacco use). May not need if you had a hysterectomy; talk to your doctor.	May stop after age 65. Talk to your doctor.
Mammography and clinical breast exam	Every 1-2 years	Every 1-2 years up to age 69. Age 70+ talk to your doctor.
Prostate cancer screening	Age 50-65 talk to your doctor about a digital rectal examination and/or a prostate specific antigen test.	
Immunizations:		
Tdap/Td	Tdap once after age 11, then Td every 10 years	
Influenza	Every year	
Pneumonia	Not needed unless high risk	Once at age 65; booster may be needed after 5 years
Varicella (chickenpox)	Talk to your doctor.	
Zoster (shingles)	One shot at age 60 or older	

Infants and Children Preventive Services (Birth–24 Months)

Service	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months
Health, developmental and risk assessments	X	X	X	X	X	X	X	X	X
Parental education: <ul style="list-style-type: none"> Immunizations, nutrition, breast-feeding, physical activity, dental health, child abuse, depression, alcohol/drug abuse, anxiety, stress reduction and coping skills Motor vehicle safety Poison prevention Burn prevention Injury prevention Sudden infant death syndrome and infant sleep positioning on their backs 	X	X	X	X	X	X	X	X	X
Tobacco use screening; establish second-hand smoke exposure	X	X	X	X	X	X	X	X	X
Neonatal screening	After 24 hours								
Blood lead testing						X			
Immunizations:									
DTaP			X	X	X		X		
IPV			X	X		X			
MMR (MMRV)						X			
Varicella						X			
Pneumococcal (PCV7)			X	X	X	X			
Hib			X	X	X	X			
Rotavirus			X	X	X				
Hep B – Schedule 1	X	X				X			
Hep B – Schedule 2		X	X			X			
Hep A						X		X	
Influenza						Every year starting at age 6 months through 59 months. Ask your child's doctor.			

Children and Teens Preventive Services (Ages 2–18)

Service	2-6 years	7-12 years	13-18 years
Health, developmental and risk assessments	X	X	X
Parent and child education: <ul style="list-style-type: none"> • Nutrition, physical activity, dental health, violence and abuse, sexually transmitted diseases, depression, suicide, alcohol/drug abuse, anxiety, stress reduction, coping skills and immunizations • Bicycle safety • Motor vehicle safety • Poison prevention • Burn prevention • Injury prevention 	X	X	X
Tobacco use screening; establish second-hand smoke exposure	X	X	X
Record height, weight and body mass index	Every year		
Cholesterol screening	Over age 2 (if at-risk)		
Chlamydia screening		For all sexually active women age 25 and younger.	
Cervical cancer screening (Pap Smear)		Start at age 21 or within three years after first sexual intercourse, whichever is first. Every 3 years after 3 consecutive normal Pap smears over 5 years.	
Pregnancy prevention counseling		Preventive counseling beginning at age 12, or earlier if sexually active.	
Vision screening	For children 4 years and younger; by age 5 should be part of preschool screening.		
Immunizations:	4-6 years	11-12 years	15-18 years
DTaP	X		
IPV	X		
MMR	X		
Varicella	4-12 years		
Influenza	Every year starting at age 6 months through 59 months. Ask your child's doctor.		
Tdap		X	
Meningococcal		X (11 to 12 years)	
HPV (for females ages 9–26 years)		3-dose series	

BlueCaid encourages members to be active partners in maintaining good health. These health guidelines for all age groups are based on recommendations from national medical organizations and the most current medical and scientific literature. These guidelines are recommended by BlueCaid for healthy adults and children. BlueCaid guidelines are a resource for physicians and may not always apply to every individual. Please discuss questions you have about your health care with your primary care physician. **Your primary care physician may recommend a different schedule based on your needs.**