



## Recommendations on **Preventive Care** for Children and Adults

**Disease prevention and early detection are important to living a healthy life.**

The better your health, the less your health care costs. Preventive services include wellness examinations and diagnostic tests such as cancer screening.

The following are preventive care services recommended by the U.S. Preventive Services Task Force (USPSTF) to help you and your family prevent illness or detect and treat it early. Please discuss with your physician the importance of preventive care and the types of services you should consider. While your medical plan may not cover all USPSTF recommendations, there may also be additional preventive care services that are covered. Refer to your benefit plan materials or call the toll-free number listed on your medical ID card for more information about how these services are covered and paid by your plan.

**Important Notes:**

- Health care is very personal. We are providing these guidelines to help you discuss with your physician what services you may need. Although you and your physician should consider these trusted guidelines when making health care decisions, you both must use your independent judgment in determining care, and your physician should use his/her clinical discretion when advising you about your care.
- For the most recent guidelines from the USPSTF, go to [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov)

# Clinical Preventive Services for Children and Adolescents

## (Birth to 18 Years)

Range of Recommended Ages
Catch-up Immunization
Pre-adolescent Assessment

### Immunization

Vaccine ▾	Age ▶	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4-8 yrs	11-12 yrs	13-18 yrs
Hepatitis B		HepB#1*		HepB#2			HepB#3			HepB Series			
Diphtheria, Tetanus, Pertussis				DTaP	DTaP	DTaP		DTaP			DTaP	Td	Td
Haemophilus Influenzae Type b				Hib	Hib	Hib		Hib					
Inactivated Poliovirus				IPV	IPV			IPV			IPV		
Measles, Mumps, Rubella								MMR#1			MMR#2	MMR#2	
Varicella								Varicella		Varicella			
Pneumococcal				PCV	PCV	PCV		PCV		PCV	PPV		
**Hepatitis A											Hepatitis A Series		
Influenza										Influenza (yearly)			

\*only if mother HBsAg(-)

\*\*Vaccines below this line are for selected populations.

### Screening

Age	Screening	Test Frequency
Newborn	Newborn screening (PKU, sickle cell, hemoglobinopathies, hypothyroidism)	Once
Birth-2 months	Head circumference	Periodically
Birth-18 years	Height and weight	Periodically
1 year	Lead	Once
3-4 years	Eye screening	Once
Younger than 5 years	Dental	Periodically

### Counseling

As your child grows, talk to their physician about:

- Development
- Dental and oral health
- Child abuse
- Sexually transmitted diseases
- Nutrition
- Safety
- Alcohol and drug abuse
- Birth control
- Physical activity
- Tobacco use
- Sexuality

# Clinical Preventive Services for Normal-Risk Adults

Recommended by the U.S. Preventive Services Task Force

	Range of Recommended Ages															
	Years of Age	4	18	25	30	35	40	45	50	55	60	65	70	75		
<b>Screening</b>																
Blood Pressure, Height, and Weight																Periodically
Obesity																Periodically
Cholesterol																Men: Every 5 Years
																Women: Every 5 Years
Pap Smear																Women: Every 1 to 3 Years
Chlamydia																
Mammography																Every 1 to 2 Years
Colorectal Cancer*																Depends on Test
Osteoporosis																Routinely
Alcohol Use																Periodically
Vision, Hearing																Periodically
<b>Immunization</b>																
Tetanus-Diphtheria (Td)																Every 10 Years
Varicella (VZV)																Susceptibles Only-Two Doses
Measles, Mumps, Rubella (MMR)																Women of Childbearing Age-One Dose
Pneumococcal																One Dose
Influenza																Yearly
<b>Chemoprevention</b>																
Assess cardiovascular disease risk and discuss aspirin to prevent CVD events																Men: Periodically
																Women: Periodically
<b>Counseling</b>																
Calcium Intake																Women: Periodically
Folic Acid																Women of Childbearing Age
Breastfeeding																Women After Childbirth
Tobacco cessation, drug and alcohol use, STDs and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy																Periodically

Upper Age Limits Should Be Individualized For Each Patient

\*See [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov) for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.