

# 2012 PREVENTIVE SCHEDULE



This Schedule is a reference tool for planning your family's preventive care, and lists items/services required under the Patient Protection and Affordable Care Act of 2010 (PPACA), as amended. It is reviewed and updated periodically based on the advice of the U.S. Preventive Services Task Force, the laws and regulations of the Commonwealth of Pennsylvania, and updates to clinical guidelines established by national medical organizations. Accordingly, the content of this Schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at an increased risk for a condition. If you have questions about this Schedule, please call the Member Service number on the back of your ID card.

## Adult (age 19+) Preventive Schedule

GENERAL HEALTH CARE	
<b>Physical Exams/Health<sup>1</sup> Guidance</b>	Every 1-2 years for adults 19-49 years of age. Every year for adults 50 years of age and older.
<b>Pelvic /Breast Exam by Practitioner</b>	Annually.
SCREENINGS/PROCEDURES (includes PA state mandated benefits)	
<b>Lipid Panel</b>	Routine screening every 5 years beginning at age 20. More frequent testing of those at risk for cardiovascular disease.
<b>Fasting Blood Glucose</b>	For high-risk patients screenings should start at age 45 at three-year intervals. Earlier screening may be indicated based on individual risk factors.
<b>Abdominal Aortic Aneurysm Screening</b>	One-time screening by ultrasonography for men between age 65 and 75 who previously smoked.
<b>Mammogram</b>	Starting at age 40, performed annually if recommended by your doctor.
<b>BRCA Mutation</b>	One-time genetic assessment for breast and ovarian cancer susceptibility as recommended by your doctor. Annual breast MRI if BRCA positive or immediate family of BRCA carrier but untested.
<b>Pap Test</b>	Test every 1-3 years based on history.
<b>Chlamydia, Gonorrhea, HIV and Syphilis Screenings</b>	All sexually active males and females, as recommended by your doctor.
<b>Bone Mineral Density Screening</b>	Once every 2 years: All women 65 years and older or men 70 years and older. Or, younger post-menopausal women who have had a fracture or have one or more risk factors for osteoporosis.
<b>Colorectal Cancer Screening</b>	All: beginning at age 50 annual screening with fecal occult blood test (FOBT), or screening with flexible sigmoidoscopy every 5 years with or without annual FOBT, or double contrast barium enema every 5 years or colonoscopy every 10 years. High-risk: Earlier or more frequently as recommended by your doctor.
<b>Prostate Cancer Screening</b>	Discussion of risks/benefits of prostate cancer screening. Testing may include annual Prostate Specific Antigen (PSA) and/or digital rectal exam.
IMMUNIZATIONS	
<b>Diphtheria, Tetanus (Td/Tdap)</b>	One time Tdap. Td booster every 10 years for all adults.
<b>Measles/Mumps/Rubella (MMR)</b>	One to two doses as recommended by your doctor.
<b>Pneumococcal</b>	High-risk or at age 65: One to two doses as recommended by your doctor.
<b>Influenza</b>	Annually.
<b>Chicken Pox (Varicella)</b>	One series of two doses at least one month apart for adults with no history of chicken pox.
<b>Hepatitis A</b>	Based on individual risk or physician recommendation: One two-dose series.
<b>Hepatitis B</b>	Based on individual risk or physician recommendation: One three-dose series.
<b>Meningococcal</b>	Based on individual risk or physician recommendation: One or two doses per lifetime.
<b>Human Papillomavirus (HPV)</b>	For individuals age 9 to 26, one three-dose series. Dose 2 at 2 months from Dose 1. Dose 3 at 6 months from Dose 1.
<b>Shingles (Zoster)</b>	One dose age 60 years of age and older.

1. Includes discussion of alcohol use, blood pressure screening, depression, interpersonal and domestic violence, sexually transmitted diseases, aspirin therapy and tobacco use.

# Schedule for Children

	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	9 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	24 MONTHS	30 MONTHS	3 YEARS	4 YEARS	5 YEARS	6 YEARS	7 YEARS	8 YEARS	9 YEARS	10 YEARS	11 YEARS	12 YEARS	15 YEARS	18 YEARS
<b>Wellness Exam<sup>1</sup></b>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Every year from age 11 through 18			
<b>Blood Pressure</b>												✓	✓	✓	✓	✓	✓	✓	✓	Every year from age 11 through 18			
<b>Visual Screening<sup>2,3</sup></b>												✓	✓	✓	✓		✓		✓		✓	✓	✓
<b>Hearing Screening<sup>2</sup></b>	✓												✓	✓	✓		✓		✓		✓	✓	
<b>SCREENINGS</b>																							
<b>Hereditary/ Metabolic Screening</b>	✓																						
<b>Lead Screening</b>						✓														When indicated. (Please also refer to your state specific recommendations.)			
<b>Hematocrit or Hemoglobin</b>							✓													Annually for females during adolescence and when indicated.			
<b>IMMUNIZATIONS<sup>4</sup></b>																							
<b>Hepatitis A<sup>5</sup></b>							Dose 1		Dose 2														
<b>Hepatitis B<sup>5</sup></b>	Dose 1		Dose 2		Dose 3 (6 to 18 months)																		
<b>Diphtheria/ Tetanus/ Pertussis (DTaP)<sup>6</sup></b>			Dose 1	Dose 2	Dose 3			Dose 4 (15 to 18 months)					Dose 5 (4 to 6 years)			One dose of Tdap if five doses were not received previously							Td every 10 years
<b>H. Influenzae Type B (Hib)</b>			Dose 1	Dose 2	Dose 3 <sup>6</sup>		Dose 4 (12 to 15 months)																
<b>Polio (IPV)<sup>6</sup></b>			Dose 1	Dose 2	Dose 3 (6 to 18 months)								Dose 4 (4 to 6 years)										
<b>Pneumococcal Conjugate (PCV)<sup>6,7</sup></b>			Dose 1	Dose 2	Dose 3		Dose 4 (12 to 15 months)																
<b>Measles/Mumps/ Rubella (MMR)<sup>5</sup></b>							Dose 1 (12 to 15 months)						The second dose of MMR is routinely recommended at 4 to 6 years, but may be administered during any visit, provided at least one month has elapsed since receipt of the first dose and that both doses are administered at or after age 12 months.										
<b>Chicken Pox<sup>5</sup></b>							Dose 1						Dose 2			Children not receiving the vaccine prior to 18 months can receive the vaccine at any time. Children 13 years or older who haven't been vaccinated and haven't had chicken pox should receive two doses of the vaccine at least 4 weeks apart. Second dose, catch-up is recommended for those who previously received only 1 dose.							
<b>Influenza<sup>5</sup></b>																				One or two doses annually for all children 6 months to 18 years of age			
<b>Meningococcal<sup>6</sup></b>																						Dose 1	One time booster at 16
<b>Rotavirus</b>			Dose 1	Dose 2	Dose 3																		
<b>Human Papillomavirus (HPV)</b>																				One three dose series for individuals between 9 and 26 years old. Dose 2 at two months from Dose 1. Dose 3 at six months from Dose 1.			
<b>CARE FOR PATIENTS WITH RISK FACTORS (Including discussion of alcohol use, sexual activity and tobacco abuse.)</b>																							
<b>Tuberculin Test</b>													Testing should be done upon recognition of high-risk factors. Frequency should be determined by community and personal risk factors.										
<b>Cholesterol Screening</b>													Screening will be done at the doctor's discretion, based on the child's family history and risk factors.										
<b>Chlamydia, Gonorrhea, HIV and Syphilis Screening<sup>8</sup></b>																				As recommended by doctor			
<b>Pelvic Exam and Pap Test<sup>9,10</sup></b>																				As recommended by doctor			

1. This includes, at appropriate ages, height, weight and Body Mass Index (BMI) measurement, developmental and behavioral assessment, including autism screening, and other care as determined by the doctor. Coverage is based on a calendar year.  
2. As shown and when conditions indicate. If patient is uncooperative, rescreen within six months.  
3. Optometric exams require an optional vision benefit.  
4. Additional immunizations and expanded age ranges may be eligible based on the PA state mandate for childhood immunizations.  
5. Children can get this vaccine at any age if not previously vaccinated.  
6. Or other series/schedule as recommended by the doctor.  
7. Previously unvaccinated older infants and children who are beyond the age of the routine infant schedule should follow the dosing guidelines recommended by their doctor.  
8. Routine screening for all sexually active females and males.  
9. Strongly recommended for females who have been sexually active.  
10. Pap tests should begin approximately three years after onset of sexual activity.

## MATERNITY

The following services are considered preventive care for pregnant women.

You should expect to receive the following screenings and procedures.

- Hematocrit and/or Hemoglobin (Anemia)
- Urine Culture & Sensitivity (C&S)
- Rh typing during your first visit
- Rh antibody testing for Rh-negative women
- Hepatitis B screening and immunization, if needed

In addition, your doctor may discuss breast feeding during weeks 28 through 36 and/or post-delivery, tobacco use and behavioral counseling to reduce alcohol use.

## PREVENTION OF OBESITY

The obesity epidemic places individuals at risk for a number of chronic and debilitating diseases. We are working with physicians, policymakers, The Children's Health Fund and representatives from the private sector to address the childhood obesity crisis and to create solutions to obesity-related problems. As part of our prevention of obesity initiative, we have added the following benefits to our Preventive Schedule.

### Benefits for Children

Children with a body mass index (BMI) in the 85<sup>th</sup> and 95<sup>th</sup> percentile are eligible for:

- Four additional annual preventive office visits specifically for obesity
- Four annual nutritional counseling visits specifically for obesity
- One set of recommended laboratory studies
  - ✓ Lipid Profile
  - ✓ Hemoglobin A1c
  - ✓ Aspartate Aminotransferase (AST)
  - ✓ Alanine Aminotransferase (ALT)
  - ✓ Fasting Glucose (FBS)

### Benefits for Adults

Adults with a BMI over 30 are eligible for:

- Two additional annual preventive office visits specifically for obesity and blood pressure measurement
- Two annual nutritional counseling visits specifically for obesity
- One set of recommended laboratory studies:
  - ✓ Lipid Profile
  - ✓ Hemoglobin A1c
  - ✓ AST
  - ✓ ALT
  - ✓ Fasting Glucose

## PREVENTIVE DRUG MEASURES

### **Adult**

Aspirin	For men age 45 to 79 years and women age 55 to 79 years to prevent cardiovascular disease
Folic Acid	All women planning or capable of pregnancy should take a daily supplement containing .4 to .8 mg of folic acid
Tobacco cessation	Interventions for those adults who use tobacco products

### **Children**

Iron	Routine supplementation for asymptomatic children age 6 to 12 months who are at increased risk for iron deficiency anemia
Oral Fluoride	For preschool children older than 6 months of age whose primary water source is deficient in fluoride

Highmark is a registered mark of Highmark Inc. Highmark Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. Blue Shield and the Shield symbol are registered service marks of the Blue Cross and Blue Shield Association.