

A Guide to Preventive Health Services



For children

Regular visits to the doctor are an important part of keeping your child healthy. Through the stages of your child's life, Health First He

IMMUNIZATIONS*	Birth	1-2 mos.	2 mos.	4 mos.	6 mos.	6-18 mos.	12-15 mos.	15-18 mos.
Hepatitis B ¹	✓	✓				✓		
Rotavirus (RV)			✓	✓	✓			
Diphtheria-Tetanus-Pertussis (DTaP)			✓	✓	✓			✓
Tetanus-Diphtheria-Pertussis (Td/Tdap)								
Haemophilus influenza type B (Hib)			✓	✓	✓		✓	
Pneumococcal (PCV)			✓	✓	✓		✓	
Inactivated polio virus (IPV)			✓	✓		✓		
Measles, Mumps, Rubella (MMR)							✓	
Varicella (chicken pox)							✓	
Hepatitis A								✓ (2 doses 6 mos. apart 12-23 mos.)
Human Papillomavirus (HPV)								
Meningococcal (MCV4)								
Influenza (seasonal flu)								✓ First dose at 6 months, then every year thereafter

PCP OFFICE VISITS	Birth to 2 years	2 to 6 years
Well check-ups	<ul style="list-style-type: none"> • 2-4 days after birth if discharged less than 48 hrs. after birth • Between 2 weeks and 1 month • 4 months, 6 months, 9 months, 12 months, 15 months, 18 months 	Every year
SCREENINGS	Birth to 2 years	2 to 6 years
Screenings	General assessment at birth	Height, weight, blood pressure beginning at 3 years, vision and hearing before 5 years
HEALTH EDUCATION	Birth to 2 years	2 to 6 years
Growth and development	Nutrition (including iron-rich foods for breast-feeding mothers), discipline, behavior, sleep habits	Discipline and behavior, nutrition and exercise
Injury prevention	Child safety seats, smoke detectors, poison control, water heater temperature below 120°-130°F, pool fence, window/stair guards	Seat belts; bicycle safety helmets; storage of toxic chemicals, matches, firearms; poison control phone number; smoke detectors
Tobacco, alcohol, and illicit drug use	Effects of second-hand smoke	Effects of second-hand smoke
Other	Dental health (baby bottle tooth decay), safe sun exposure, CPR training	Dental health, safe sun exposure



Health Plans recommends these tests and immunizations:

4–6 years	7–10 years	11–12 years	13–18 years
			Any childhood immunizations that were missed
✓			
	✓ (Tdap)	✓ (Td booster every 10 years)	
✓			
✓	✓		
✓			
		✓ (3-dose series for girls)	
		✓	

7 to 12 years	13 to 18 years
Every other year	Every other year
7 to 12 years	13 to 18 years
Height, weight, blood pressure, BMI	For sexually active girls: chlamydia every year, Pap every 3 years
7 to 12 years	13 to 18 years
Discipline and behavior, nutrition and exercise	Discipline and behavior, nutrition and exercise, safe sexual practices
Seat belts, bicycle safety helmets, smoke detectors, storage of firearms	Seat belts, driving, bicycles, motorcycles, ATVs, and helmets
Prevention and cessation	Prevention and cessation
Dental health, safe sun exposure	Dental health, safe sun exposure

For pregnant women

Prenatal care is essential to keep you and your baby healthy. Here's what to expect during your prenatal visits:

SCREENINGS/TESTS/HISTORY

At your first visit, your doctor will check your:

- Blood pressure
- Hemoglobin/hematocrit
- Hepatitis B surface antigen (HBsAg)
- RPR/VDRL
- Chlamydia
- Rubella serology or vaccination history
- Rh(D) typing, antibody screening
- Varicella (chicken pox) history
- Depending on your medical history, your doctor may also recommend HIV screening.

On follow-up visits, your doctor will check your:

- Blood pressure (every visit)
- Urine culture (12 to 16 weeks)

Depending on your medical history, your doctor may also recommend:

- Chorionic villus sampling before 13 weeks or amniocentesis between 15 and 18 weeks (if age 35 or older)
- Multiple marker testing (15 to 18 weeks)
- Serum alpha-fetoprotein (16 to 18 weeks)

EDUCATION

- Tobacco cessation and effects of second-hand smoke
- Alcohol/illicit drug use
- Nutrition (including adequate calcium and folic acid)
- Breast-feeding
- Lap/shoulder belts
- Infant safety car seats
- STD prevention

* Your child's doctor may use some combination of vaccines and reduce the number of shots.

¹Hepatitis B vaccine can be given at other infant visits as long as there is one month between the first and second dose, and four months between the second and third dose. The first dose can be given at the hospital at birth.

These recommendations are based on guidelines from the United States Preventive Services Task Force for people with average risk. Doctors may have other recommendations depending on a patient's individual history, ethnic/racial group, or other risks.

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For Adults

To ensure you are getting the recommended screenings, tests and immunizations, review the chart below.

PRIMARY CARE OFFICE VISITS	
Age	When to Visit
19 to 64 years	Annually

SCREENING SCHEDULE	
Age	Screenings
19 to 26 years	Height; weight; blood pressure; BMI calculation; Pap test every three years (for females, begin screening within three years of onset of sexual activity or age 21); Chlamydia screening for sexually active females ages 24 and younger; tobacco, alcohol and illicit drug use
27 to 49 years	Height; weight; blood pressure; BMI calculation; Pap test every three years (at least every three years for women who have been sexually active and who have a cervix); tobacco, alcohol and illicit drug use; lipids (men age 35 or older, women ages 45 and older); mammogram alone or with clinical breast exam by physician every one to two years (for women ages 40 and older)
50 to 64 years	Height; weight; blood pressure; BMI calculation; tobacco, alcohol and illicit drug use; lipids; mammogram alone or with clinical breast exam by physician every one to two years for women ages 40 and older; colorectal cancer screening using fecal occult blood testing, sigmoidoscopy, or colonoscopy

IMMUNIZATION SCHEDULE	
Age	Immunizations
19 to 26 years	Tetanus-diphtheria booster once every 10 years after a one-time dose of Tdap; human papillomavirus (3 doses if no evidence of vaccine or immunity for females); Varicella (2 doses if no evidence of vaccine or immunity; MMR (measles, mumps, rubella) 1 or 2 doses if no evidence of vaccine or immunity
27 to 49 years	Tetanus-diphtheria booster once every 10 years after a one-time dose of Tdap; Varicella (2 doses if no evidence of vaccine or immunity; MMR (measles, mumps, rubella) 1 or 2 doses if no evidence of vaccine or immunity
50 to 59 years	Influenza annually; Tetanus-diphtheria booster once every 10 years after a one-time dose of Tdap; Varicella (2 doses if no evidence of vaccine or immunity)
60 to 64 years	Same as 50 to 59 years, plus Zoster vaccine (one dose)

PATIENT EDUCATION	
Age	Important Topics
19 to 64 years	<ul style="list-style-type: none"> • Dental health • Diet and exercise • Injury prevention (seat belts, smoke detectors) • Prevention and cessation of tobacco, alcohol, and illicit drug use • Safe sexual practices • Breast self exam • Testicular exam • Safe sun exposure