

PREVENTIVE CARE SAVES LIVES

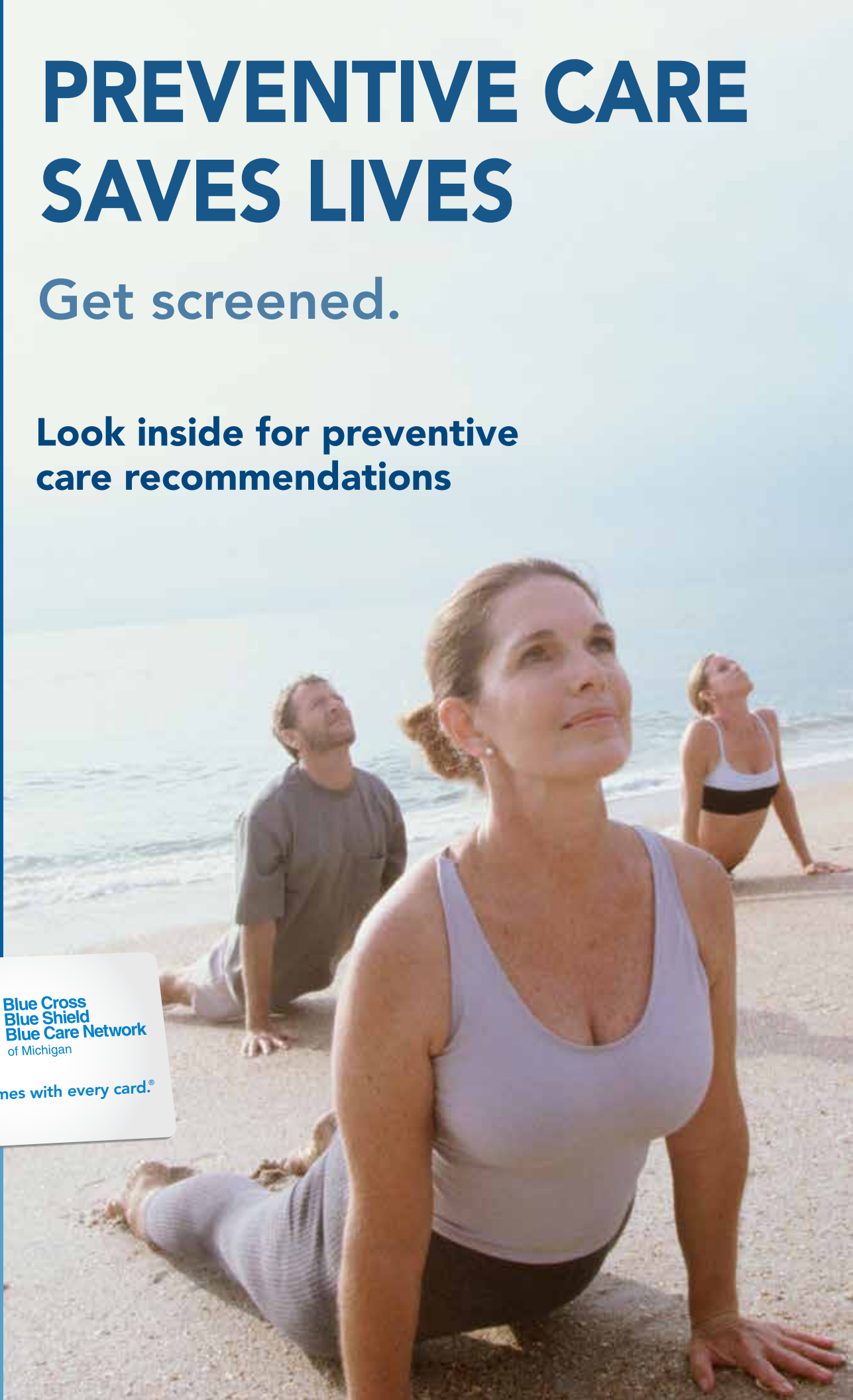
Get screened.

Look inside for preventive
care recommendations



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Confidence comes with every card.®



SAVE A LIFE... YOURS



Blue Cross Blue Shield of Michigan and Blue Care Network members may receive some exams and services at no cost.



Regular checkups, the right screenings and a healthy lifestyle can help you prevent or detect life-threatening chronic conditions such as heart disease, diabetes and cancer.



Blue Cross and BCN cover some preventive services with little or no cost sharing when you get preventive services in your network.

Before you receive preventive services, make sure you know what's covered by your specific health care plan.



Keep this brochure to help you identify the preventive services you need. Based on age and gender, the charts that follow provide a road map for achieving a healthier life.

This isn't a comprehensive list of services your specific plan covers. Log in to your online member account at bcbsm.com for more information about your benefits.

RECOMMENDED PREVENTIVE CARE GUIDELINES*

CHILDREN BIRTH TO 12 YEARS OLD

	AGE	HOW OFTEN
Well-child exam: Including parental education; physical activity counseling; development; injury and poison prevention; safe to sleep; coping skills; child abuse; dental health; substance abuse screening; secondhand smoke; height, weight and body mass index; car seat safety (rear facing until 2 years old); burn prevention; skin cancer prevention; bicycle safety and helmet use	0 to 24 months 2 to 12 years	11 visits 10 visits (one visit yearly)
Autism screening	18 months	Once
Breast feeding and parental education	Interventions during pregnancy and after birth to support breast feeding	Every visit up to one year
Cholesterol screening (if increased risk)	2 to 8 and 12 to 16 years	Twice if high risk
Dental screening: Adequate fluoridation	Beginning at 6 months	Ask your dentist
Developmental screening	At 9, 18 and 30 months	Three times
Lead screening (if high risk)	At 9 and 18 months	Twice, if high risk
Newborn hearing and metabolic screening (congenital hypothyroidism, sickle cell, phenylketonuria)	Birth (after 24 hours)	Once before 1 month old
Vision screening	From ages 2 to 6 years From ages 7 to 12 years	Once before starting school Every two years
IMMUNIZATIONS		
DTaP (diphtheria, tetanus and pertussis)	2, 4 and 6 months 15 to 18 months 4 to 6 years	First, second and third dose Fourth dose Fifth dose
Flu	6 months and up	Two doses one month apart, first year; one dose annually thereafter
Hepatitis A	12 months 18 months	First dose Second dose
Hepatitis B	Birth 1 to 2 months 6 to 18 months	First dose Second dose Third dose
HiB- haemophilus	2 to 15 months	Complete series (three to four doses depending on vaccine)
HPV (human papilloma virus)	Ages 9 to 14	Two-dose series
Meningococcal	11 to 12 years 16 years	First dose Second dose
MMR (measles, mumps and rubella)	12 to 15 months 4 to 6 years	First dose Second dose
Pneumococcal conjugate (pneumonia)	2 months 4 months 6 months 12 to 15 months	First dose Second dose Third dose Fourth dose
Polio	2 months 4 months 6 to 18 months 4 to 6 years	First dose Second dose Third dose Fourth dose
Rotavirus	2 to 6 months	Complete series (two or three depending on vaccine)
Tdap (tetanus, diphtheria and pertussis)	11 to 12 years	One dose
Varicella (chicken pox)	12 to 15 months 4 to 6 years	First dose Second dose

*Sources for these guidelines are the Michigan Quality Improvement Consortium and the U.S. Preventive Services Task Force as of September 2017. Guidelines are subject to change.

RECOMMENDED PREVENTIVE CARE GUIDELINES*

CHILDREN AGES 12 AND OLDER

	HOW OFTEN
Well-child exam: parental education; nutrition; physical activity counseling; development; injury and poison prevention; coping skills; tobacco and substance abuse screening; secondhand smoke; height, weight and body mass index; mental health assessment; burn prevention; skin cancer prevention; violence and bullying; suicide threat; bicycle safety and helmet use; seatbelt and car seat use	Ages 12 to 21, yearly visit
Cholesterol screening (if increased risk)	Screen from ages 2 to 8 and again at 12 to 16
Dental screening; adequate fluoridation	Every 6 months
Hepatitis B screening	Screen if high risk
HIV screening	Greater than or equal to 15 years old; younger if at increased risk
Pregnancy prevention and counseling	Every year beginning at age 12; earlier if sexually active
Psychological or depression screening	Ages 11 to 21
Screenings and counseling for sexually transmitted infections: intensive behavioral counseling for sexually active adolescents	Greater than or equal to 11 years; every year for sexually active males and females
Skin cancer behavioral counseling: minimize exposure to UV radiation	Ages 10 to 24, with fair skin
Tobacco use interventions: clinicians provide education and counseling to prevent start of tobacco use	Ages 10 to 17
Vision screening	Ages 13 to 21, every three years
IMMUNIZATIONS	
Flu	Every year
HPV (human papilloma virus)	Males and females, ages 9 to 27 – three-dose series
Meningococcal	Booster at age 16
Tdap (tetanus, diphtheria, and pertussis)	Ages 11 to 12

ADULTS AGES 18 TO 49

	HOW OFTEN
Health exam: height, weight and body mass index assessment; obesity counseling; tobacco, alcohol and substance abuse screening: <ul style="list-style-type: none"> • Provide behavioral counseling if risky drinking, substance use or sexual risk-taking behaviors • Refer adults with BMI greater than 30 for behavioral intervention • Tobacco use interventions: clinicians provide education and counseling to prevent start of tobacco use 	Every one to five years
Blood pressure screening	Screen older than 18 years; screen more often if blood pressure is higher than 120/80 or if high risk
Breast cancer screening	Discuss with your doctor before age 50
Cervical cancer and Pap test screening; not recommended <ul style="list-style-type: none"> • HPV testing, 30 years or younger • Pap smear for women without cervix 	Ages 21 to 30, every three years Ages 30 to 65, every three years or Pap smear plus HPV screening every five years
Cholesterol and lipid screening	All adults beginning at age 40, then every five years if results are normal Begin screening earlier for adults at higher risk (family history of heart disease, diabetes, tobacco use, high blood pressure or obesity BMI equal or greater than 30)
Chlamydia and gonorrhea screening in women	24 years and younger; screen every year for all who are sexually active 25 years and older; every year if high risk
Colorectal cancer screening	If at high risk, ask your doctor.

*Sources for these guidelines are the Michigan Quality Improvement Consortium and the U.S. Preventive Services Task Force as of September 2017. Guidelines are subject to change.

ADULTS AGES 18 TO 49 (continued)

Diabetes screening	Screen for abnormal blood glucose as part of cardiovascular risk assessment in adults ages 40 to 70 who are overweight or obese
Depression screening	Screen all adults with validated tool
Folic acid supplementation	All women planning or capable of pregnancy take 400-800 micrograms of folic acid daily
Healthy diet and physical activity counseling to prevent cardiovascular disease (adults with cardiovascular risk factors)	Refer to intensive behavioral counseling interventions to promote a healthy diet and physical activity for cardiovascular disease prevention
Hepatitis B screening	Screen high risk adults
Hepatitis C screening	Screen high risk adults; adults born 1945-1965, screen once
HIV screening	Once for everyone; yearly if high risk
Intimate partner violence screening	Screen all women for domestic violence
Lung cancer screening with low dose CT	Annually screen smokers ages 55-80 with 30-pack-a-year history and currently smoke or who have quit in last 15 years Discontinue screening if quit more than 15 years ago or disease limits life
Pregnancy: <ul style="list-style-type: none"> • Urine screen for bacteria • Gestational diabetes screen once at 24 weeks • Rh blood type screening • HIV and syphilis screening • Hepatitis B screening • Chlamydia and gonorrhea screening 	Weeks 14 to 16: one visit Weeks 24 to 28: one visit Week 32: one visit Week 36: one visit Weeks 38 to 41: every week Post-natal: once 21 to 56 days after delivery
Skin cancer behavioral counseling: minimize exposure to UV radiation	Ages 12 to 24
Syphilis screening	Screen high risk adults
IMMUNIZATIONS	
Flu	Every year
Hepatitis A, Hepatitis B, meningococcal	If high risk
HPV (human papilloma virus)	Males and females, ages 9 to 27 – three doses
MMR (measles, mumps and rubella)	One to two doses, if needed
Pneumococcal (meningitis and pneumonia)	Under 65 years with risk factors: PCV 13 followed by PPSV 23 six months later; repeat dose after 65 years after five years have elapsed
Tdap (tetanus (td), diphtheria, and pertussis)	One dose after age 12
Tetanus	Once every 10 years
Varicella (chicken pox)	Two doses, if needed

RECOMMENDED PREVENTIVE CARE GUIDELINES*

ADULTS AGE 50 AND OLDER

	HOW OFTEN
Health exam: Including height, weight and body mass index; obesity counseling; substance abuse screening; alcohol, tobacco use and medication review <ul style="list-style-type: none"> Adults with BMI greater than 30: Refer for behavioral intervention Behavioral counseling: Provide if risky drinking, substance abuse or sexual risk-taking behaviors Falls prevention: Recommend exercise or physical therapy for adults older than 65 and assess need for vitamin D supplementation Tobacco use interventions: Provide education and counseling to prevent start of tobacco use 	Every one to three years
Abdominal Aortic Aneurysm screening - men	Screen once by ultrasonography in men ages 65 to 75 who have ever smoked
Aspirin as preventive medication	Initiate low dose for primary prevention of cardiovascular disease and colorectal cancer in adults ages 50 to 59 who have greater than 10 percent 10 year CV risk and not at increased risk of GI bleed
Blood pressure screening	Screen older than 18 years; screen more often if blood pressure is higher than 120/80 or if high risk
Cervical cancer and Pap test screening Not recommended: Pap smear for women without cervix	Ages 30 to 65, Pap smear every three years or Pap smear plus HPV screening every five years
Cholesterol and lipid screening	All adults beginning at age 40, then every five years if results are normal Begin screening earlier for adults at higher risk (family history of heart disease, diabetes, tobacco use, high blood pressure or obesity) BMI greater than 30
Chlamydia and gonorrhea screening in women	25 years and older, every year if high risk
Colorectal cancer screening	Choose one of the following screening schedules for adults 50 to 75 years old: Fecal occult blood test or FIT every year FIT-DNA every one to three years Flexible sigmoidoscopy every five years Flexible sigmoidoscopy every 10 years plus FIT every year CT colonography every five years Colonoscopy every 10 years
Depression screening	Screen all adults using validated tool
Diabetes screening	Screen for abnormal blood glucose as part of cardiovascular disease risk assessment in adults ages 40 to 70 who are overweight or obese
Healthy diet and physical activity counseling to prevent cardiovascular disease: adults with cardiovascular risk factors	Refer to intensive behavioral counseling interventions to promote a healthy diet and physical activity for cardiovascular disease prevention
Hepatitis B screening	Screen high risk adults
Hepatitis C screening	High risk adults born 1945 to 1965, screen once
HIV screening	Once for everyone up to age 65, yearly if high risk
Lung cancer screening	Annual screening for lung cancer with low dose CT in adults ages 55 to 80 with 30-pack-a-year smoking history Discontinue screening after person hasn't smoked for 15 years or disease limits life
Mammogram (with or without clinical breast exam)	Ages 50 to 74, every two years
Osteoporosis screening (including bone mineral density test)	Women ages 50 to 64, ask your doctor Women age 65 and older screen once
Prostate cancer (digital rectal exam or prostate-specific antigen test)	Recommend against routine PSA screening
Syphilis screening	Screen high risk adults

*Sources for these guidelines are the Michigan Quality Improvement Consortium and the U.S. Preventive Services Task Force as of September 2017. Guidelines are subject to change.

ADULTS AGE 50 AND OLDER (continued)

IMMUNIZATIONS	
Flu	Every year
Hepatitis A, Hepatitis B, meningococcal	If high risk
Pneumococcal (meningitis and pneumonia)	65 years and older or under 65 years with risk factors, PCV13 followed by PPSV23 at least one year later If you have already received PPSV23, get PCV13 at least one year later
Tdap (tetanus (td), diphtheria, and pertussis)	One dose after age 12
Tetanus (td)	Once every 10 years
Varicella (chicken pox)	Two doses if needed
Zoster (shingles)	60 and older, one dose unless contraindicated

Depression harms

You might think your health depends solely on the way you treat your body. But taking care of your mind plays a big part, too.

When you're depressed, your mind and body suffer. Depression can cause or worsen chronic illnesses, such as heart disease. Depression can lead you to take part in unhealthy habits such as smoking, drinking, physical inactivity or poor sleep. And depression can make it harder to stay healthy and active as you age.

Depression seldom goes away by itself, but it's treatable. Medication or talk therapy can rid you of this condition.

The first step is recognizing a problem. Signs of depression include:

- Feeling sad or blue
- Having thoughts of guilt, helplessness or hopelessness
- Thinking about dying or killing yourself
- Getting tired more often
- Feeling less interested in other people and your normal activities
- Having trouble sleeping or sleeping too much

If these symptoms linger for two weeks or more, talk with your doctor. Screening tests can show if you have depression. Then you and your doctor can work on a plan together to help you feel better about life.

mind *and* body.



Schedule your preventive screenings today.

**CALL YOUR DOCTOR
TO SCHEDULE AN APPOINTMENT.**

**IF YOU DON'T HAVE A DOCTOR
FIND ONE AT bcbsm.com/find-a-doctor.**

Looking for more information about health and wellness?
Visit bcbsm.com.



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan

Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association

Source: mqic.org/guidelines.htm and uspreventiveservicestaskforce.org*

* Blue Cross Blue Shield of Michigan does not control these websites.