

# 2014 PREVENTIVE CARE RECOMMENDATIONS



Blue Cross and Blue Shield of Minnesota and Blue Plus recommend that you consider or ask your primary care provider about these preventive services.

How often and what kind of preventive care services you need depends on your age, gender, health and family history. Your provider may recommend additional tests, which may or may not be covered under your plan. Check your health plan benefits or call the number on the back of your member ID card for details on coverage. Your provider determines whether services delivered are preventive or medical. Blue Cross and Blue Plus process claims as coded by the provider.

■ Men & Women    ■ Women only

HEALTHY ADULT GUIDELINES					
AGE (YEARS)	21 - 39	40 - 49	50 - 64	65 - 74	75+
<b>CARDIOVASCULAR HEALTH</b>					
Advice on nutrition, healthy weight and physical activity	Throughout adulthood				
Advice on avoiding tobacco (exposure and use)	Throughout adulthood				
Blood pressure measurement	At least annually				
Cholesterol (lipid) profile blood test	Consider as early as age 20 if at increased risk				
<b>CANCER PREVENTION</b>					
Breast cancer screening (mammogram) (optional between ages 40 – 49)	Women age 50 - 74 every 2 years. May start earlier and more frequently depending upon risks; discuss personal risk with your provider.				
Colorectal cancer screening test (Stool test, flexible sigmoidoscopy, colonoscopy) Frequency depends on type of test and risk factors	Start at age 50, may start younger if at risk				
Cervical cancer screening (Pap test)	Start at age 21, every 3 - 5 years				
<b>MENTAL HEALTH AND SAFETY</b>					
Depression assessment	Throughout adulthood				
Unhealthy alcohol use assessment	Throughout adulthood				
Domestic violence assessment	Throughout adulthood				
Information on safety and injury prevention	Throughout adulthood				
<b>OTHER</b>					
Immunizations (vaccines)	See Prevention Guidelines at <a href="http://healthandwellness.bluecrossmn.com">healthandwellness.bluecrossmn.com</a>				
Sexual health	May include testing for sexually transmitted diseases				
Osteoporosis screening test (bone density)	Start at age 65				
Hepatitis C test	People born from 1945 through 1965				

## HEALTHY CHILD & ADOLESCENT GUIDELINES

AGE (YEARS)	0 - 2	3 - 5	6 - 12	13 - 17	18 - 20
Advice on nutrition, healthy weight, physical activity and oral health	Each well child visit or annually				
Immunizations (vaccines)	See Prevention Guidelines at <a href="http://healthandwellness.bluecrossmn.com">healthandwellness.bluecrossmn.com</a>				
Development and behavior assessment (includes autism and depression)	Development and behavior assessment Surveillance throughout childhood and adolescence				
Hearing & vision test	Annually				
Advice on safety and injury prevention (See <a href="http://HealthyChildren.org">HealthyChildren.org</a> for more details)	Each well child visit or annually				
Advice on sexual health					Each visit or annually
Advice on avoiding tobacco (exposure and use)	Each visit or annually				
Cholesterol test	Consider family history or other risks; discuss with provider				
Lead exposure test	Discuss exposure risk with provider				

## HEALTHY PREGNANCY GUIDELINES

Advice on abstaining from alcohol and tobacco (exposure and use)
Advice on nutrition, healthy weight and physical activity
Advice on breastfeeding
Gestational diabetes mellitus (GDM) test
Infection screening tests (group B strep, hepatitis B, HIV and others)
Anemia and Rh compatibility test



For the health of all.

**A HEALTHIER TOMORROW STARTS TODAY.**

Review detailed preventive care guidelines at [myBlueCrossmn.com](http://myBlueCrossmn.com).