

# Learn About Health Net's Preventive Screening Guidelines

USE THESE GUIDELINES TO HELP KEEP YOU AND YOUR FAMILY HEALTHY





*Stay up to date with your health and the health of your family. Use this guide to remind you to schedule well-care visits with your family doctor. Note that the guidelines are refreshed often, and may change. Therefore, you should always follow the care and advice of your doctor.*

*Also note this information is **not medical advice**. And, it does not show exact benefit coverage. Please check your plan's benefit language for coverage, limits and exclusions.*

## **Reach for your total health and wellness**

**If you'd like more information about our wellness programs, or more detailed guidelines, visit [www.healthnet.com](http://www.healthnet.com) and click *Wellness Center*.**

Get information on our wellness programs via phone and online. You'll find Information and resources available for:

- Weight loss
- Healthy eating
- Quitting tobacco products
- How to manage stress
- How to manage exercise
- How to manage your condition



## Recommended (highly advised) vaccines (shots)

Schedule for persons aged 0 through 6 years<sup>1,2</sup>

Vaccine	At birth	Age (in months)										Age (in years)			
		1	2	4	6	9	12	15	18	19-23	2-3	4	5	6	
Hepatitis B (HepB)	✓	✓		Catch up if needed		✓						Catch up if needed			
Rotavirus (RV)			✓	✓	✓										
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓	Catch up if needed			✓		Catch up if needed			✓	
Haemophilus influenzae type b (Hib)			✓	✓	✓	Catch up if needed		✓		Catch up if needed				High-risk groups	
Pneumococcal			✓	✓	✓	Catch up if needed		✓		Catch up if needed				High-risk groups	
Inactivated poliovirus (IPV)			✓	✓		✓					Catch up if needed			✓	
Influenza (flu)										✓ Yearly					
Measles, mumps, rubella (MMR)						High-risk groups		✓		Catch up if needed				✓	
Varicella (VAR)								✓		Catch up if needed				✓	
Hepatitis A (HepA)									✓ 2 doses			✓ Per your doctor's advice; high-risk groups			
Meningococcal									✓ High-risk groups						

**Catch up if needed:** If you have missed your shot(s) in the past, you can talk to your doctor about getting this shot at this time.

**High-risk groups:** Check with your doctor to see if you need this shot.





## Recommended vaccines (shots)

Schedule for persons aged 7 through 18 years<sup>1,2</sup>

Vaccine	Age (in years)		
	7-10	11-12	13-18
Tetanus, diphtheria, pertussis (Tdap)	Catch up if needed	✓ 1 dose	Catch up if needed
Human papillomavirus (HPV)	HPV vaccination can be started from age 9		Catch up if needed
Influenza (flu)	✓ Yearly		
Pneumococcal	High-risk groups		
Hepatitis A (HepA)	Per your doctor's advice; high-risk groups		
Hepatitis B (HepB)	Catch up if needed		
Inactivated poliovirus (IPV)	Catch up if needed		
Measles, mumps, rubella (MMR)	Catch up if needed		
Varicella (VAR)	Catch up if needed		
Haemophilus influenzae type b (Hib)	High-risk groups		
Meningococcal	High-risk groups	✓ 1 dose	✓ Catch-up if needed booster at age 16
Meningococcal B	High-risk groups, ages 10-18 years		

**Catch up if needed:** If you have missed your shot(s) in the past, you can talk to your doctor about getting this shot at this time.

**High-risk groups:** Check with your doctor to see if you need this shot.





## Recommended screenings (tests)

Schedule for persons aged 0 through 18 years<sup>1,2,3</sup>

Service	Age (in months)						Age (in years)		
	Birth–6	9	12	15	18	19–36	3–10	11–12	13–18
Routine health exam	At birth, 3–5 days, and at 1, 2, 4, and 6 months	Every 3 months			Every 6 months		Every year		
Lead testing	Starting at 6 months, check during routine health exams. Test at 12 months and 24 months or per your doctor’s advice								
Dental visit		Every 6–12 months, or as your dentist suggests							
		First dental visit within six months of baby’s first tooth, no later than the first birthday							
Blood test	Once between 0–2 months	Every 6–12 months, or per your doctor’s advice							
Body mass index (BMI)						Starting at age 2, check BMI during routine health exam			



## Recommended vaccines (shots)

Schedule for adults<sup>1,2</sup>

Vaccine	Age (in years)				
	19–26	27–49	50–59	60–64	65 and over
Tetanus, diphtheria, pertussis (Td/Tdap)	✓ 1 dose Tdap, then boost with Td every 10 years				
Human papillomavirus (HPV)	✓ Per your doctor’s advice	If high risk or per your doctor’s advice			
Varicella (VAR)	✓ 2 doses				
Zoster			✓ 2 doses RZV starting at age 50 or 1 dose ZVL starting at age 60		
Measles, mumps, rubella (MMR)	✓ 1 or 2 doses or per your doctor’s advice				
Influenza (flu)	✓ Every year				
Pneumococcal (PPSV 23 or PCV 13)	If high risk or per your doctor’s advice				✓ 1 dose
Hepatitis A (HepA)	2 or 3 doses if high risk or per your doctor’s advice				
Hepatitis B (HepB)	3 doses if high risk or per your doctor’s advice				
Haemophilus influenzae type b (Hib)	1 or 3 doses if high risk or per your doctor’s advice				
Meningococcal	1 or more doses if high risk or per your doctor’s advice				
Meningococcal B	2 or 3 doses if high risk or per your doctor’s advice				

**High-risk groups:** Check with your doctor to see if you need this shot.



## Recommended health screenings (tests)

*Schedule for adults<sup>1,2,4</sup>*

Service	Age (in years)		
	19–39	40–64	65 and over
Routine health exam	Every year		
Hearing screening to check for hearing loss		Per your doctor's advice	
Vision screening to check for eye problems	Every 5–10 years	Every 2–4 years for ages 40–54; every 1–3 years for ages 55–64	Every 1–2 years
Aspirin therapy to prevent heart disease		Discuss with your doctor in routine health exam	
Blood pressure to check for high blood pressure	Every 1–2 years		
Body mass index (BMI) to check for obesity	Check during routine health exams		
Cholesterol screening to check for blood fats	Per your doctor's advice	If at increased risk, check every 5 years starting at age 35 for men and age 45 for women	
Colorectal cancer screening to check for colorectal cancer		For ages 40–45, Per your doctor's advice. Beginning at age 45, talk to your doctor about how often and what test to be done.	
Glucose screening to check for blood sugar	Check if high risk	Every 3 years or per your doctor's advice	
Human immunodeficiency virus (HIV)	One-time screening, repeat screening if at high risk		Per your doctor's advice
Dental	Every 6 months		
Hepatitis C and hepatitis B	Screen if high risk or per your doctor's advice		
Request for HIV Pre-exposure prophylaxis (PrEP) medication	Discuss with your doctor if high-risk		





## Recommended health screenings (tests)

### Schedule for women<sup>1,2</sup>

Service	Age (in years)		
	19–39	40–64	65 and older
Pelvic exam with Pap test to check for cervical cancer	For sexually active non-pregnant people, starting at age 21, screen every 3 years; starting at age 30, screen every 3–5 years or per your doctor’s advice		Per your doctor’s advice
Mammogram to check for breast cancer	Check every year starting at age 35 if high risk	Every 1–2 years or per your doctor’s advice	
Breast exam by doctor	Every 1–3 years	Every year	
Self breast exam/breast self-awareness to check for breast changes	Monthly		
Screening to check for Chlamydia and/or Gonorrhea, sexually transmitted illnesses (STIs)	Every year through age 24 for sexually active non-pregnant people; every year beginning at age 24 if high risk		
Bone density test to check for bone loss		Screening based on risk	Every 2 years



## Recommended health screenings (tests)

### Schedule for men<sup>1,2</sup>

Service	Age (in years)		
	19–39	40–64	65 and older
Prostate-specific antigen (PSA/DRE) to check for prostate cancer		Per your doctor’s advice	
Abdominal ultrasound to check for abdominal aortic aneurysm (swelling of a large blood vessel around the stomach area)			Once, for those ages 65–75 who have ever smoked or have risks
Testicular self-exam	As your doctor suggests		
Screening to check for sexually transmitted illnesses (STIs), such as Chlamydia and/or Gonorrhea	Discuss with your doctor if high-risk		

<sup>1</sup>These guidelines may change. Please speak with your doctor.

<sup>2</sup>Your doctor should follow proper series and current guidelines by the Centers for Disease Control and Prevention (CDC). Your doctor should also follow guidelines set by the US Preventive Services Task Force (USPSTF), and American Academy of Pediatrics (AAP).

<sup>3</sup>Routine health exams, counseling and education for children and teens should include gauging the patient's:

- Height
- Weight
- Blood pressure

Exams should also include body mass index (BMI), vision and hearing tests. Counseling and education could include, but are not confined to:

- Birth control/family planning
- Mental health
- Substance abuse
- Critical congenital heart defect, heart health
- Nutrition
- How to quit tobacco use
- Dental health
- Exercise
- Tuberculosis (TB) screening
- Developmental/behavioral assessment
- Sexually transmitted infections (STIs) and HIV screening

Routine health exams, counseling and education for children and teens should include gauging the patient's:

- Height
- Weight
- Blood pressure

Exams should also include body mass index (BMI), vision, and hearing tests. Exams can also include tests for depression, and screening for alcohol or drug use.

Recommendations can vary based on history and risk factors. Counseling and education could include:

- Cancer screenings (e.g. lung cancer screening and BRCA risk assessment)
- Injury/violence prevention
- Sexually transmitted infections (STIs), and/or HIV screening
- Birth control/pre-pregnancy
- Maternity planning
- Substance abuse
- Dental health
- Menopause
- How to quit tobacco use
- Drug prevention/Cessation
- Mental health
- TB screening
- Family planning
- Nutrition
- Weight management
- Heart health, electrocardiogram (ECG) screening
- Exercise

<sup>4</sup>Preexposure prophylaxis (PrEP) is medicine and treatment to help prevent HIV. Your Health Net health plan provides HIV PrEP as part of your preventive care benefits. There is no cost-share for PrEP services when you use an in-network provider. Preventive coverage for PrEP linked services includes:

- Provider office and telehealth visits
  - Testing for hepatitis B and C viruses
  - Constant follow-up and tracking every three months
  - Prescriptions and help to manage medication
  - Hepatitis B vaccination
  - And more
  - HIV testing
  - Testing for other STDs
- Testing for kidney function
  - Pregnancy testing

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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