2017 General Wellness Guidelines: To discuss with your Health Care Provider

Adult (age 19+) Wellness Schedule

Be sure to review your plan benefits to determine your costs for these services.

Routine Health Guide	
Annual Wellness and Routine Check-up	Annually
Obesity Screening: Diet/Physical Activity/BMI Counseling	Annually
Vision and Dental Exam (These services may not be covered by your medical benefits plan. Check your plan documents.)	Annually: Discuss with your doctor
Recommended Diagnostic Checkups and Screenings for At-Risk Patients	
Abdominal Aortic Aneurysm (AAA) Check	One-time screening for ages 65 to 75 who have ever smoked or have a family history of AAA
Bone Mineral Density Screening and prescribed medication for Osteoporosis	Women beginning at age 65 or older; and in younger women who have an increased risk
Cholesterol Screening	Age 35+; Age 20-35 at risk Annually: All Men; Age 45+; Age 20-45 at risk Annually: All Women
Colorectal Cancer Screening and Counseling	Age 50-75; Colonoscopy or fecal occult blood test or sigmoidoscopy
Mammogram	Annually at age 40.
Pap Test/Pelvic Exam	Women age 21-65 should have Pap Test every 3 years or women age 30-65 should have Pap Test/HPV combined testing every 5 years; Ages 65+: Discuss with your doctor.
HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling	As indicated by history and/or symptoms. Discuss with your doctor behavioral risks
Lung Cancer Screening and Counseling	Ages 55-80; 30 pack smoker history, current smoker/quit within past 15 years
Prostate Cancer Screening	Discuss with your doctor
Skin Cancer Screening	Discuss with your doctor
Guidance	
Screen/Counseling: Depression, Obesity, Tobacco, Alcohol, Substance Abuse and Pregnancy	Every visit, or as indicated by your doctor
Fall Risk/Unintentional Injury/Domestic Violence Prevention/Seat Belt Use	Discuss exercise, home safety and vitamin D supplementation with your doctor
Medication List (including over-the-counter and vitamins) for potential interactions	Every visit, or as indicated by your doctor
Advance Directives/Living Will	Annually
Immunizations* (Routine Recommendations)	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Ages 19+: Tdap vaccine once, then a Td booster every 10 years
Flu (Influenza)	Annually during flu season
Pneumococcal PCV13 and PPSV23	Ages 19-64: if risk factors are present; Ages 65+: 1-2 doses (per CDC); Ages 50+:1 dose (Florida Blue Benefits)
Shingles (Zoster)	Ages 60+: 1 dose (per CDC); Ages 50+:1 dose (Florida Blue Benefits)
Haemophilus Influenzae Type b (HIB) Hepatitis A, Hepatitis B, Meningococcal	Ages 19+: if risk factors are present
Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR), Varicella (Chickenpox) & Hepatitis C (HCV) Infection Screening	Physician recommendation based on past immunization or medical history

* Some immunizations are contraindicated for certain conditions, discuss with your doctor.

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Live a Healthy Lifestyle

- Get your annual wellness exam to review your overall health and keep follow-up visits with your doctor.
- Find out if you are at risk for health conditions such as diabetes.
- Get your vaccines, preventive screenings and labs.
- Human Papillomavirus (HPV) vaccine 3 dose series is recommended for men and women ages 19 through 26 years if not previously vaccinated prior to age 13.
- Talk with your doctor about the medications and over-the-counter/vitamins you are taking to reduce side effects and interactions.
- Get a Flu Vaccine every year to prevent illness and related hospitalizations.

We're here to help:

Call

Customer Service
1-800-FLA-BLUE (1-800-352-2583)
TTY/TDD Call 711

Care Consultant Team
1-888-476-2227

24-Hour Nurseline
1-877-789-2583

Go to **floridablue.com**

Visit a Florida Blue Center

Go to **floridabluecenters.com** for locations or call 1-877-352-5830

Sources: These guidelines are recommendations from the organizations listed below and were not developed by Florida Blue.
www.ahrq.gov
www.cdc.gov

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2017 General Wellness Guidelines: To discuss with your Health Care Provider

Children & Adolescents (Birth–18 years of age) Wellness Schedule

Routine Health Guide	
Wellness Exam and Autism/Development Behavioral Assessment	Newborn up to age 3: Frequent Wellness Check-ups; Age 3-18: Annual Wellness Check-up
Body Mass Index (BMI): Height and Weight	Every visit, BMI beginning at age 2
Blood Pressure	Annually, beginning at age 3
Hearing/Dental/Vision Screenings (These services may not be covered by your medical benefits plan. Check your plan documents.)	Hearing: Newborn then annually beginning at Age 4; Dental: Regularly, beginning at age 1; Vision: Annually, beginning at age 3
Recommended Screenings for At-Risk Patients	
Cholesterol Screening	Annually, beginning at age 2
Lead test, TB, Sickle Cell and Blood Sugar	As indicated by history and/or symptoms
HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling	Discuss with your doctor based on behavioral risks
Skin Cancer Screening	Discuss with your doctor
Guidance	
Injury/Violence Prevention	Annually, more often if indicated by your doctor
Diet/Physical Activity/Emotional Well-Being Counseling	Every visit
Tobacco/Alcohol/Substance Abuse/Depression/Pregnancy Screening and Counseling	Every visit starting at age 11, earlier if indicated by your doctor

Immunizations*	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis A						2 dose series, 12-23 months								
Hepatitis B	1st dose	2nd dose			3rd dose									
Diphtheria, Tetanus, Pertussis (DTaP)			1st dose	2nd dose	3rd dose		4th dose			5th dose				
Tetanus, Diphtheria, Pertussis (Tdap)											1st dose			
Haemophilus Influenzae Type b (Hib)			1st dose	2nd dose	3rd or 4th dose, see footnote **									
Inactivated Poliovirus			1st dose	2nd dose	3rd dose					4th dose				
Measles, Mumps, Rubella (MMR)						1st dose				2nd dose				
Varicella						1st dose				2nd dose				
Pneumococcal PCV13 and PPSV23			1st dose	2nd dose	3rd dose	4th dose								
Flu (Influenza)					6 months through 8 years 1 or 2 doses; 9 years and older 1 dose only									
Rotavirus			1st dose	2nd dose	3rd dose, see footnote **									
Meningococcal											1st dose			booster
Human Papillomavirus (HPV)											3 dose series			

* These are routine immunizations based upon cdc.gov recommendations. Range of recommended ages for catch-up or certain high-risk groups is at the doctor's discretion based on the member's family history and personal risk factors.

** Dosages determined by doctor with the type of brand vaccine used.

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Are your children up-to-date with vaccinations?

Getting the recommended sequence of vaccinations is always a good idea to protect your child from illnesses from birth to 18 years of age. Most of these vaccinations require additional doses or boosters over time. As children grow up to become teenagers, they may come in contact with different diseases. Here are vaccines that can help protect your preteen or teen from these other illnesses and infections:

Tdap Vaccine

Age 11 or 12. Protects against tetanus (lock jaw), diphtheria and acellular pertussis (whooping cough). This is a booster shot of the same vaccine given during early childhood.

Meningococcal Vaccine (MCV4)

Two doses beginning at 11 or 12 years, with a booster dose at age 16. Protects against meningitis , sepsis (a blood infection) and other meningococcal diseases. Children with higher risk factors may need additional doses.

Human Papillomavirus (HPV) Vaccine

Three doses over six months, beginning at ages 11 and 12. Protects boys and girls against HPV, which can lead to cancers and genital warts.

Flu Vaccine

Every year after six months of age.

Protects individuals from getting the influenza virus.

Keep your teens safe from preventable, painful and life-threatening diseases by staying in touch with your pediatrician's office or health clinic. Be sure to verify your benefits for preventive services.

Sources: These guidelines are recommendations from the organizations listed below and were not developed by Florida Blue.

www.cdc.gov

www.aap.org

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