

# 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. Blue Cross and Blue Plus process claims as coded by the provider.

■ Men and Women   ■ Women only

HEALTHY ADULT GUIDELINES					
AGE (YEARS)	21 - 39	40 - 49	50 - 64	65 - 74	75+
<b>CARDIOVASCULAR HEALTH</b>					
<b>Advice on nutrition, healthy weight and physical activity</b>	Throughout adulthood				
<b>Advice on avoiding tobacco</b> (exposure and use)	Throughout adulthood				
<b>Blood pressure measurement</b>	At least annually				
<b>Cholesterol (lipid) profile blood test</b>	Consider as early as age 20 if at increased risk				
<b>Diabetes screening</b>	Throughout adulthood				
<b>CANCER PREVENTION</b>					
<b>Breast cancer screening</b> (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.		
<b>Colorectal cancer screening test</b> (Stool test, flexible sigmoidoscopy, colonoscopy) Frequency depends on type of test and risk factors			Start at age 50, may start younger if at risk		
<b>Cervical cancer screening</b> (Pap test)			Start at age 21, every 3 - 5 years		
<b>MENTAL HEALTH AND SAFETY</b>					
<b>Depression assessment</b>	Throughout adulthood				
<b>Unhealthy alcohol use assessment</b>	Throughout adulthood				
<b>Domestic violence assessment</b>	Throughout adulthood				
<b>Information on safety and injury prevention</b>	Throughout adulthood				

HEALTHY ADULT GUIDELINES					
AGE (YEARS)	21 - 39	40 - 49	50 - 64	65 - 74	75+
<b>OTHER</b>					
<b>Immunizations</b> (vaccines)	See Prevention Guidelines at <a href="http://healthandwellness.bluecrossmn.com">healthandwellness.bluecrossmn.com</a>				
<b>Sexual health</b> (may include testing for sexually transmitted diseases; such as, HIV and chlamydia)	Testing depends upon age, risks and other factors				
<b>Osteoporosis screening test</b> (bone density)				Start at age 65	
<b>Hepatitis C test</b>	People born from 1945 through 1965				

Child and Adolescent

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

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

