Preventive care guidelines for children and adults.

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Keeping a focus on regular preventive care can help you—and your family—stay healthy.

Preventive care can help you avoid potentially serious health conditions and/or obtain early diagnosis and treatment. Generally, the sooner your doctor can identify and treat a medical condition, the better the outcome.

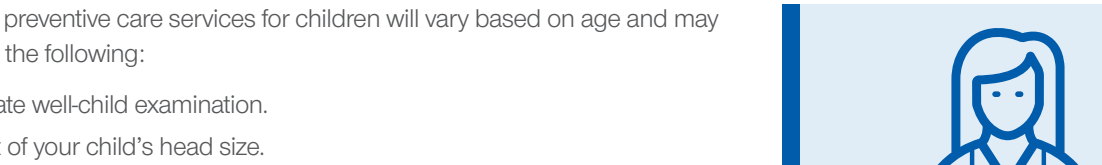
Under the Affordable Care Act (ACA),[1] you can get certain preventive health care services, covered at 100 percent, without any cost to you. Just obtain your preventive care from a health plan network provider. Diagnostic (non-preventive) services are also covered, but you may have to pay a copayment, coinsurance or deductible. Check your plan documents to make sure.

Preventive care guidelines for children.[2]

Recommended preventive care services for children will vary based on age and may include some of the following:

- Age-appropriate well-child examination.
- Measurement of your child's head size.
- Measurement of your child's length/height and weight.
- Metabolic screening panel for newborns.
- Screening blood tests, if appropriate.
- Age-appropriate immunizations.
- Vision screening, by primary care physician.
- Oral health risk assessment.
- Fluoride application and/or oral supplements, under certain circumstances.
- Hearing screening.
- Autism screening.
- Lead screening, for children under age 7.
- Counseling on the harmful effects of smoking and illicit use of drugs (children and adolescents).
- Counseling for children and their parents on promoting a healthy diet and exercise.
- Screening certain children at high risk for sexually transmitted diseases, lead, depression, tuberculosis and more.
- Evaluating the need for iron supplements.

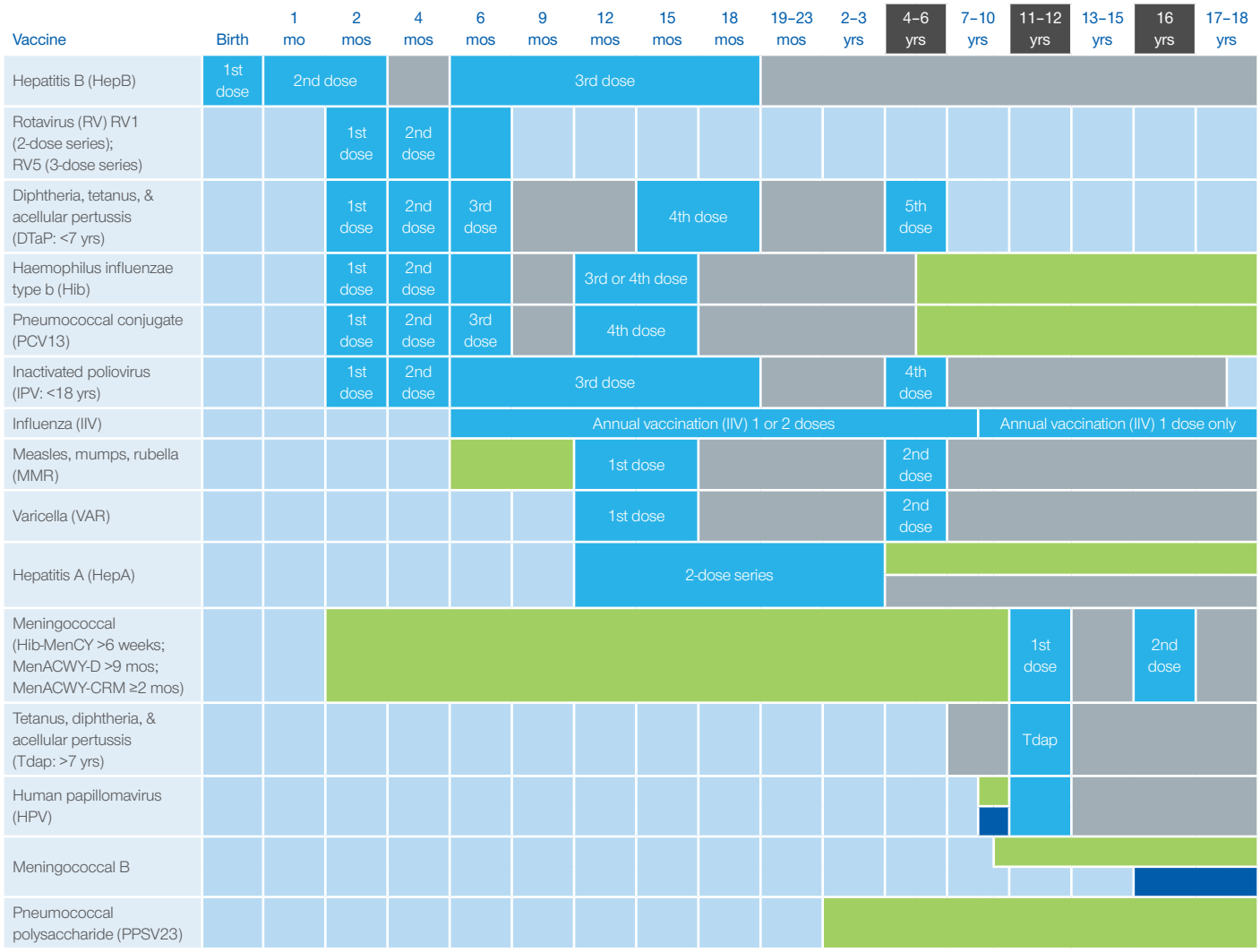
Not all children require all of the services identified above. Your doctor should give you information about your child's growth, development and general health, and answer any questions you may have.



Help protect and maintain your child's health with regular preventive care visits with a network doctor.

Preventive care immunization guidelines for children and adolescents—18 years or younger.

Immunizations can help protect your child against many childhood diseases. The following immunization schedule provided by the Centers for Disease Control and Prevention (CDC) will provide you with the guideline recommendations for children 18 years or younger.



No recommendation.

Range of recommended ages for all children.

Range of recommended ages for non-high-risk groups that may receive vaccine, subject to individual clinical decision making.

Range of recommended ages for catch-up immunization.

School entry and adolescent vaccine age groups.

Range of recommended ages for certain high-risk groups.

If your child has any medical conditions that put him or her at risk for infection or is traveling outside of the United States, talk to your child's doctor about additional vaccines that he or she may need.

Note: If your child misses a shot, talk with your child's doctor for his or her direction—and to answer any questions about vaccines.

For more information about vaccines, visit **cdc.gov/vaccines.**

Preventive care screening guidelines and counseling services for adults.[2]

A preventive health visit can help you see how healthy you are now and help identify any health issues before they become more serious. You and your doctor can then work together to choose the care that may be right for you. Recommended preventive care services may include the following:

For adult men:

- **Wellness examinations.**
- **Abdominal Aortic Aneurysm Screening**—for age 65–75 years who have ever smoked.
- **Alcohol Screening and Brief Counseling**—screening during wellness examinations. Brief counseling interventions for certain patients.
- **Blood Pressure Screening**—at each wellness examination. Certain patients may also require ambulatory blood pressure measurements outside of a clinical setting. Check with your doctor.
- **Cholesterol Screening**—for age 40–75 years.
- **Colorectal Cancer Screening**—for age 50–75 years. Ask your physician about screening methods and intervals for screening.
- **Depression Screening**—for all adults, in a primary care setting.
- **Diabetes Screening**—for age 40–70 years who are overweight or obese.
- **Falls Prevention Counseling**—during wellness examination, for community-dwelling older adults.
- **Healthy Diet Behavioral Counseling**—for persons with cardiovascular disease risk factors, in a primary care setting.
- **Hepatitis B Virus Infection Screening**—for persons at high risk.
- **Hepatitis C Virus Infection Screening**—one time screening for adults born between 1945–1965, or, persons at high risk.
- **Human Immunodeficiency Virus (HIV) Screening.**
- **Immunizations**—FDA approved and have explicit ACIP recommendations for routine use.
- **Latent Tuberculosis Infection Screening**—for persons at increased risk.
- **Lung Cancer Screening with Low-Dose CT Scan**—for age 55–80 years with at least a 30 pack-year smoking history (requires prior authorization).
- **Obesity Screening and Counseling**—at each wellness examination. Certain patients may need medical nutrition therapy.
- **Sexually Transmitted Infections, Behavioral Counseling to Prevent**—behavioral counseling for adults who are at increased risk, in a primary care setting.
- **Skin Cancer, Behavioral Counseling to Prevent**—at each wellness examination, for young adults up to age 24 years.
- **Syphilis Screening**—for adults at increased risk.
- **Tobacco Cessation, Screening, Behavioral Counseling**—screening, and behavioral counseling for adults who smoke, in a primary care setting (refer to pharmacy vendor for pharmacotherapy for tobacco cessation).

For adult women:

- **Wellness Examinations, Well-Woman Visits**—well-woman visits, including routine, low-risk prenatal visits.
- **Abdominal Aortic Aneurysm Screening**—for age 65–75 years who have ever smoked.
- **Alcohol Screening and Brief Counseling**—screening during wellness examinations. Brief counseling interventions for certain patients.
- **Bacteriuria Screening**—during pregnancy.
- **Blood Pressure Screening**—at each wellness examination. Certain patients may also require ambulatory blood pressure measurements outside of a clinical setting. Check with your doctor.
- **Breastfeeding Primary Care Interventions, Counseling, Support and Supplies**—during pregnancy and after birth. Includes personal use electric breast pump.
- **Cervical Cancer Screening (Pap Smear)**—women age 21–65 years old.
- **Chemoprevention of Breast Cancer, Counseling**—for women at high risk of breast cancer, but low risk for adverse effects.
- **Chlamydia and Gonorrhea Infection Screening**—for sexually active women age 24 and younger, and older women at increased risk.
- **Cholesterol Screening**—for age 40–75 years.
- **Colorectal Cancer Screening**—for age 50–75 years. Ask your physician about screening methods and intervals for screening.
- **Contraceptive Methods (Including Sterilizations)**—FDA-approved methods of contraception for women, including patient education and counseling.
- **Depression Screening**—for all adults, in a primary care setting.
- **Diabetes Screening**—for age 40–70 years who are overweight or obese.
- **Falls Prevention Counseling**—during wellness examination, for community-dwelling older adults.
- **Genetic Counseling and Evaluation for BRCA Testing, and BRCA Lab Testing**—lab testing requires prior authorization.
- **Gestational Diabetes Mellitus Screening**—during pregnancy.
- **Healthy Diet Behavioral Counseling**—for persons with cardiovascular disease risk factors, in a primary care setting.
- **Hepatitis B Virus Infection Screening**—for persons at high risk.
- **Hepatitis C Virus Infection Screening**—one-time screening for adults born between 1945–1965, or, persons at high risk.
- **Human Immunodeficiency Virus (HIV) Screening**—for all adults.
- **Human Papillomavirus DNA Testing**—for women age 30–65.
- **Immunizations**—FDA approved and have explicit ACIP recommendations for routine use.
- **Intimate Partner Violence, Interpersonal and Domestic Violence, Counseling and Screening**—during wellness examination.
- **Latent Tuberculosis Infection Screening**—for persons at increased risk.
- **Lung Cancer Screening with Low-Dose CT Scan**—for age 55–80 years with at least a 30 pack-year history (with prior authorization).
- **Mammography Screening.**
- **Obesity Screening and Counseling**—at each wellness examination. Certain patients may need medical nutrition therapy.
- **Osteoporosis Screening**—women age 65 and older, and younger women at increased risk.
- **Rh Incompatibility Screening**—during pregnancy.
- **Sexually Transmitted Infections, Behavioral Counseling to Prevent**—behavioral counseling for adults who are sexually active or otherwise at increased risk, in a primary care setting.
- **Skin Cancer, Behavioral Counseling to Prevent**—at each wellness examination, for young adults up to age 24 years.
- **Syphilis Screening**—for adults at increased risk.
- **Tobacco Cessation, Screening, Behavioral Counseling**—screening, and behavioral counseling for adults who smoke, in a primary care setting (refer to pharmacy vendor for pharmacotherapy for tobacco cessation).

Preventive care immunization guidelines for adults.

Immunizations may help protect against many illnesses and diseases. The following immunization schedule provided by the Centers for Disease Control and Prevention (CDC) will give you the recommendations for adults aged 19 years or older.

Vaccine	19–21 years	22–26 years	27–59 years	60–64 years	≥ 65 years
Influenza (flu shot)	1 dose annually				
Tetanus, Diphtheria, Pertussis Vaccine—Td/Tdap	Substitute Tdap for Td once, then Td booster every 10 yrs				
Measles, Mumps, Rubella—MMR	1 or 2 doses depending on indication				
Varicella (Chicken Pox)	2 doses				
Herpes Zoster Vaccine (Shingles)—Shingrix				2 doses, separated by 2–6 months	
Herpes Zoster Vaccine (Shingles)—Zostavax				1 dose	
Human Papilloma Virus (HPV)—Female	3 doses				
Human Papilloma Virus (HPV)—Male	3 doses				
Pneumococcal Conjugate Vaccine—PCV13					
Pneumococcal Polysaccharide Vaccine—PPSV23	1 or 2 doses depending on indication				1 dose
Hepatitis A—HepA	2 or 3 doses depending on vaccine				
Hepatitis B—HepB	3 doses				
Meningococcal Vaccine—MenACWY or MPSV4	1 or more doses depending on indication				
Meningitis B—MenB	2 or 3 doses depending on vaccine				
Haemophilus Influenzae Type B—Hib	1 or 3 doses depending on indication				

No recommendation.

Recommended for adults who meet the age requirement, lack documentation of vaccination, or lack evidence of past infection.

Recommended for adults with additional medical conditions or other indications.

The recommendations in this schedule were approved by the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP).

For more information about preventive guidelines for your age and gender, visit **uhc.com/preventive care.**

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[1] Under the Patient Protection and Affordable Care Act (PPACA), many plans are required to cover certain preventive services without cost share for members. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card.

[2] These guidelines are based, in part, on the requirements of the Patient Protection and Affordable Care Act, and recommendations of the U.S. Preventive Services Task Force (USPSTF), the Health Resources & Services Administration (HRSA) of the U.S. Department of Health and Human Services, and the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC). Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions that may not be covered as a preventive benefit. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. These clinical guidelines are provided for informational purposes only, and do not constitute medical advice. Preventive care benefits may not apply to certain services listed above. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card.

Source: www.archive.ahrq.gov/clinic/prevenix.htm
Source: www.allkids.com/customers/checkups.html
Source: Centers for Disease Control and Prevention, Recommended immunization schedules for children and adolescents aged 18 years or younger - United States, 2018, at: www.cdc.gov/vaccines/pubs/ACIP-list.htm

Development, psychosocial and chronic disease issues for children and adolescents may require frequent counseling and treatment visits separate from preventive care visits. These guidelines represent a consensus by the American Academy of Pediatrics (AAP) and Bright Futures. The recommendations in this statement do not indicate an exclusive course of treatment or standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Discuss with your doctor how these guidelines may be right for your child, and always consult your doctor before making any decisions about medical care. These clinical guidelines are provided for informational purposes only, and do not constitute medical advice. Preventive care benefits may not apply to certain services listed above. Always refer to your plan documents for your specific coverage.

Additional information about the vaccines in this schedule, extent of available data, including a full list of footnotes and contraindications for vaccination is also available at cdc.gov/vaccines or from the CDC-INFO Contact Center at 1-800-CDC-INFO (1-800-232-4636) in English and Spanish, 8 a.m.–8 p.m. Eastern Time, Monday–Friday, excluding holidays. For a complete list of footnote references, please visit: cdc.gov/vaccines/schedules/downloads/adult/adult-schedule.pdf.

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