



FOR YOUR HEALTH

Understanding Routine Preventive Health

Regular screening tests and checkups are good ways to take control of your health.

Blue KC provides 100 percent coverage for many in-network routine preventive care services, including your office visit copay, for you and your family. Covered services vary, but include mammograms, pelvic exams and pap smears, prostate exams, routine newborn and early childhood preventive physician visits, childhood immunizations and more. For a complete list of the Routine Preventive Care services covered by Blue KC, please visit uspreventiveservicestaskforce.org.

We believe an ounce of prevention goes a long way toward a lifetime of good health. Paying attention to your health, even when you feel fine, can make staying well easier in the long term. Regular screening tests and checkups with a doctor are good ways to take control of your health. These exams can make it easier to spot problems early, when treatment is often more effective. They might even prevent a problem from developing in the first place. The Preventive Healthcare Guide is available in the Living Healthy section of MyBlueKC.com.

Babies & Children	Babies: Birth - 24 months										Children: 3 - 10 years									
	Birth	1	2	4	6	9	12	15	18	24	3	4	5	6	7	8	9	10		
Well Child Exam	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Every 1 - 2 years	
Lead Risk Assessment/Testing ¹							•			•										
Blood Pressure																			Regularly, as recommended by child's doctor	
Anemia Screening										As recommended by child's doctor										
Hepatitis B (HepB)	HepB#1	HepB#2			Hep B#3, one time as recommended by child's doctor															
Rotavirus (RV)			RV	RV	RV															
Diphtheria, Tetanus, Pertussis (DTaP)			DTaP	DTaP	DTaP				DTaP					DTaP						
Haemophilus Influenza (Hib) ²			Hib	Hib	Hib			Hib												
Pneumococcal Conjugate (PCV13)			PCV13	PCV13	PCV13			PCV13												
Polio (IPV)			IPV	IPV	IPV								IPV							
Measles, Mumps, Rubella (MMR)								MMR						MMR						
Chicken Pox (Var)								Var						Var						
Hepatitis A (HepA) ³								HepA (2 doses)												
Influenza								Annually (IIV only)						Annually (IIV or LAIV)						

¹ Lead exposure risk assessment starting at 6 months. Blood Lead levels at 12 months and 24 months. Certain geographic regions may pose a greater risk to your child. Talk to your doctor to determine if additional testing is appropriate for your child through age 6.

² Some vaccine series require only 3 doses.

³ Administer two doses at least six months apart. Children not fully vaccinated by age two years can be vaccinated at subsequent visits. Hepatitis A is recommended for older children who live in areas where vaccination programs target older children, who are at increased risk for infection, or for whom immunity against Hepatitis A is desired.

Teens & Adults	Teens: 11 - 18 years								Adults: 19 - 65+ years											
	11	12	13	14	15	16	17	18	19	20	21-25	30	35	40	45	50	55	60	65+	
Physical Exam - Height, Weight, Blood Pressure and Skin Cancer Screen	Every 1 - 2 years																			
Blood Pressure	Regularly, as recommended by your doctor																			
Self Breast Exam	Monthly																			
Cholesterol Routine Screening	Every 1 - 5 years																			
Diabetes Screening ¹	Annually																			
Women – Mammogram	Biennial, ages 50-74																			
Women – Pelvic Exam/Pap Test	Every 3 - 5 years, as recommended by your doctor																			
Colon Cancer Screening²																				
- Stool Occult Blood	Annually																			
- Sigmoidoscopy	Every 5 years																			
- Colonoscopy	Every 10 years																			
Thyroid Stimulating Hormone (TSH)	Age 65																			
Diphtheria, Tetanus (Td/Tdap) ³	Tdap								Every 10 years											
Meningococcal (MenACWY)	MenACWY								Booster											
HPV Females ⁴ and Males ⁴	HPV (3 doses)																			
Pneumococcal (PCV13 and PPSV23)	HPV (3 doses) (if not received as a child)																			
Zoster	1 dose each																			
Influenza	Annually																			

These guidelines are based on recommendations from the following: U.S. Preventive Services Task Force, American Cancer Society, U.S. Centers for Disease Control, American Academy of Pediatrics, American Academy of Family Physicians and the American College of Obstetricians and Gynecologists, 2010.

¹ For higher-risk individuals (those with high blood pressure, elevated cholesterol, coronary artery disease or who are obese/overweight, earlier screening may be necessary).

² For those with family history of colorectal cancer, screening should begin by age 40.

³ Substitute one-time dose of Tdap for Td booster. Boost with Td every 10 years.

⁴ A complete series consists of three doses. The second dose two months after first, the third six months after first, if you did not receive the 3-shot series as a child.

TAKE CHARGE OF YOUR HEALTH

Achieving your best health doesn't have to be difficult. With the new A HealthierYou[®] online and mobile experience, staying healthy and managing a condition is easy. Now you can access all your health and wellness tools and information online with your laptop, tablet or smartphone. Plus, you could be rewarded for meeting your health goals with monthly sweepstakes drawings.

Check out your personalized health actions on your AHY homepage

