

Preventive health guidelines

As of May 2018

What is your plan for better health?

Make this year your best year for wellness.

Your health plan may help pay for tests to find disease early and routine wellness exams to help you and your family stay well. Talk with your doctor about the care that is right for you.

Your plan may not pay for all services and treatments in this guide. To learn more about what your plan pays for, see your member handbook or call Member Services at the number on your ID card. You also can check www.empireblue.com/ny to learn about your benefits and health topics from A to Z.

The content in this guide is based in part on suggestions from these independent groups and based on state-specific requirements:

- **AAFP** — American Academy of Family Physicians
- **AAP** — American Academy of Pediatrics — Bright Futures
- **ACIP** — Advisory Committee on Immunization Practices
- **ACOG** — American College of Obstetricians and Gynecologists
- **ACS** — American Cancer Society
- **CDC** — Centers for Disease Control and Prevention
- **USPSTF** — U.S. Preventive Services Task Force

This guide is just for you to learn from.

It is not meant to take the place of medical care or advice. It is for members of Empire. Please talk with your doctor if you have concerns about your health.

Use this guide to know when to set up doctor visits for you and your children. Ask your doctor which exams, tests and vaccines are right for you, when you should get them and how often. This guide does not mention every condition and treatment, so be sure to talk with your doctor.

To learn more about vaccines, please see the Centers for Disease Control and Prevention (CDC) website: cdc.gov.



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To learn more about your plan, please see
www.empireblue.com/ny.

Well-baby and child screenings

Well-baby exam

All infants should be seen by a doctor when 3 to 5 days old and 48 to 72 hours after leaving the hospital. Infants who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor when 2 to 4 days old.

At the well-baby exams, you may get advice on your child's safety, dental care, healthy eating and development. At these exams, your baby may get vaccines or other screenings, such as tuberculin, urine testing and/or sickle cell anemia testing, if needed.

Screenings	Appropriate time
Weight, length and head circumference (the length around the head)	At each visit
BMI percentile*	At 24 months
Newborn metabolic, sickle cell and thyroid screening	Birth to 2 months (ideally at 3-5 days); bilirubin at birth
Development and behavior	At each visit
Hearing	As a newborn and when your doctor suggests
Vision	At each visit
Oral/dental health	Dental exams yearly starting within 6 months after eruption of the first tooth or by age 1 year Fluoride varnish on the teeth when your doctor suggests between 6 and 24 months; fluoride prescription based on your drinking water
Hemoglobin or hematocrit (blood count)	Once between 9 and 12 months
Lead testing (unless you are sure the child has not been around lead)	At 12 and 24 months. Risk assessments as the doctor suggests.
Autism	At 18 and 24 months
Maternal postpartum depression	At 1, 2, 4 and 6 months
Urine	As your doctor suggests
Comprehensive unclothed physical exam	Every year



Birth to
2 years

Well-child exam

You may get advice about:

- How to keep your child safe
- How to prevent injuries
- Counseling to reduce the risks of getting skin cancer
- Good health, diet, and physical activity and development
- Annual dental referrals starting at age 3 or earlier, if needed

At these well-child exams, your child may get vaccines and these screenings, or added screenings such as tuberculin and urine testing, if needed.

Screenings	Appropriate time
Height, weight, BMI percentile*	Each year
Development and behavior	At each visit
Vision	Each year
Hearing	Each year
Oral/dental health	Dental exams each year Fluoride varnish on the teeth when your doctor suggests between 2 1/2 and 5 years; fluoride prescription based on your drinking water
Hemoglobin or hematocrit (blood count)	As your doctor suggests
Blood pressure	Each year starting at 3 years
Lipid disorder	Once between age 9 and 11
Lead testing	Children between 3-6 years should be tested if they previously have not been tested
Comprehensive unclothed physical exam	Every year

*Height and weight is used to find body mass index (BMI). BMI is used to see if a person has the right weight for height or is under or over weight for height.



Ages 2½
to 10 years



Well-child exam

The doctor may talk to you about health and wellness issues. These may include:

- Diet and physical activity
- Healthy weight
- Dental health
- Dentist referral each year
- Mental health, including depression screening
- Sexual behavior and screening for sexually transmitted infections (STIs)
- How to prevent injuries
- Counseling to reduce the risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Secondhand smoke
- Avoiding tobacco, alcohol and drugs



At these exams, your child may get vaccines and these screenings or added screenings such as tuberculin and urine testing, if needed.

Screenings	Appropriate time
Height, weight, BMI*	Percentile to age 18, then BMI each year
Development and behavioral surveillance	Each year
Depression	Each year beginning at age 12
Substance use	Each year
Blood pressure	Each year
Vision	Each year
Hearing	Each year
Oral/dental health	Each year, fluoride prescription based on your drinking water (age 11 through 16)
Hemoglobin or hematocrit (blood count)	As your doctor suggests
Chlamydia	For sexually active women
HIV	Screening once between age 15 and 18
Lipid disorder	Once between ages 9 and 11, once between age 17 and 21
Sexually transmitted infections	For sexually active individuals beginning at age 11
Comprehensive unclothed physical exam	Every year



*Height and weight is used to find body mass index (BMI). BMI is used to see if a person has the right weight for their height or is under or overweight for their height.

Adult screenings

Well-person exam

The doctor may help talk with you about health and wellness issues. These include:

- Diet and physical activity
- Contraceptive education, methods, counseling and services so that women can better avoid unwanted pregnancies and space their pregnancies to promote optimal birth outcomes
- Folic acid for women who are of the age to get pregnant
- Sexual behavior and screening for sexually transmitted infections (STIs)
- Screening for HIV
- Screening for hepatitis B (HBV) if high risk
- Intimate partner violence
- Family planning
- Use of drugs and alcohol
- Secondhand smoke
- How to stop using tobacco
- Dental health
- Mental health, including screening for depression
- How to prevent injuries
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks



At this visit, you may get vaccines and these screenings:

Screenings	Appropriate time
Height, weight	Each year or as your doctor suggests
BMI*	Each year or as your doctor suggests
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in the home setting.
Breast cancer: Doctor exam	Every 1 to 3 years. Each year from age 40 and over.
Breast cancer: Mammogram**	Each year from age 40 to 65+. Biennial screening mammography for women age 50 to 74 years.
Cervical cancer: ages 21-29	Every 3 years
Cervical cancer: ages 30-65	Pap test every 3 years or HPV testing alone every 5 years
Cervical cancer: ages 65+	Stop screening at age 65 if last 3 Pap tests or last 2 co-tests (Pap plus HPV) within the previous 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screening with your doctor.
Colorectal cancer	At age 50 and continuing until age 75 years; your doctor may suggest any of the following test options: <ul style="list-style-type: none"> • FIT=fecal immunochemical test • FIT-DNA: multitargeted stool DNA test • gFOBT: guaiac-based fecal occult blood test • Colonoscopy • CT colonography • Flexible sigmoidoscopy
Chlamydia and gonorrhea	Sexually active women age 24 and younger
Cholesterol	Statin use may be recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease
Glucose screening for type 2 diabetes	As your doctor suggests from age 40 to 70 if you are overweight or obese. Individuals with high glucose should talk to their doctor about intensive counseling interventions to promote a healthful diet and physical activity.
Hepatitis C	Screen once if born between 1945-1965
Osteoporosis	The test to check how dense your bones are should start no later than age 65; women at menopause should talk to their doctor about osteoporosis and have the test when at risk

Well-person exam

Pregnant women should see their doctor or OB/GYN in their first three months of pregnancy for a first visit and to set up a prenatal care plan. At this visit, your doctor will check your health and the health of your baby.



Based on your past health, your doctor may want you to have these tests, screenings or vaccines:

- **Depression** – screening during and after pregnancy
- **Diabetes** – during pregnancy
- **Hematocrit/hemoglobin (blood count)**
- **Hepatitis B**
- **HIV**
- **Preeclampsia (blood pressure)** – during pregnancy
- **Rubella immunity** – to find out which women need the rubella vaccine after giving birth
- **Rh(D) blood type and antibody testing** – if Rh(D) negative, repeat test at 26 to 28 weeks
- **Syphilis**
- **Urinalysis** – when your doctor suggests

The doctor may talk to you about what to eat and how to be active when pregnant as well as staying away from tobacco, drugs, alcohol and other substances. Your doctor will provide information during pregnancy and after birth to support breastfeeding, lactation supplies and counseling.

Other tests and screenings:

Some additional tests can be used to check the baby for health concerns. These tests are done at certain times while you are pregnant. The best test to use and the best time to do it depends on many things. These include your age as well as your medical and family history. Talk to your doctor about what these tests can tell you about your baby, the risks of the tests and which tests may be best for you.

- **Amniocentesis**
- **Chorionic villus sampling**
- **Special blood tests**
- **Ultrasound tests**, including special tests (used with blood tests during the first three months for chromosomal abnormality risk) and routine two-dimensional tests to check on the baby

Medications:

If you are high risk for a condition called preeclampsia, your doctor may recommend the use of low-dose aspirin as preventive medicine.

Vaccines:

If you are pregnant in flu season (October to March), your doctor may want you to have the inactivated (killed) flu vaccine. Pregnant adolescents and adults should be vaccinated with Tdap vaccine with each pregnancy.

Tdap should be administered between 27 and 36 weeks gestation, although it may be given at any time during pregnancy.

While other vaccines may be given in special cases, it is best to get the vaccines you need before you get pregnant. Women should always check with their doctor about their own needs.

You should NOT get these vaccines while you are pregnant:

- **Measles, mumps, rubella (MMR)**
- **Varicella (chicken pox)**

*Height and weight are used to find body mass index (BMI). BMI is used to see if a person has the right weight for their height or is under or over weight for their height.

**Women should talk to their doctor and make a personal choice about the best age to begin screening and the potential to screen every two years when older.

Well-person exam

The doctor may talk with you about health and wellness issues.

These include:

- Diet and physical activity
- Family planning
- How to prevent injuries
- Use of drugs and alcohol
- How to stop using tobacco
- Secondhand smoke
- Sexual behavior and screening for sexually transmitted infections (STIs)
- Screening for HIV
- Screening for hepatitis B (HBV) if high risk
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Dental health
- Mental health, including screening for depression



At this visit, you may get vaccines and these screenings:

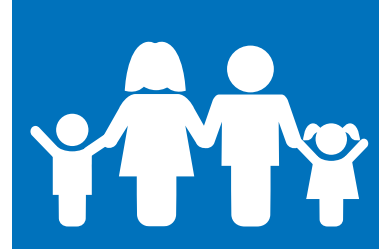
Screenings	Appropriate time
Height, weight	Each year or as your doctor suggests
BMI*	Each year or as your doctor suggests
Abdominal aortic aneurysm	One time for ages 65-75 for those who have ever smoked
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in the home setting.
Cholesterol	Statin use may be recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease
Colorectal cancer	At age 50 and continuing until age 75 years; your doctor may suggest any of the following test options: <ul style="list-style-type: none"> • FIT=fecal immunochemical test • FIT-DNA: multitargeted stool DNA test • gFOBT: guaiac-based fecal occult blood test • Colonoscopy • CT colonography • Flexible sigmoidoscopy
Glucose screening for type 2 diabetes	As your doctor suggests from 40 to 70 if you are overweight or obese. Individuals with high glucose should talk to their doctor about intensive counseling to promote a healthy diet and physical activity.
Hepatitis C	Screen once if born between 1945-1965
Prostate cancer	If you are 55 to 69, discuss with your doctor the risks and benefits of the prostate cancer tests

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Suggested vaccine schedule

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



Vaccine	Age														
	Birth	1-2 months	2 months	4 months	6 months	6-18 months	12-15 months	15-18 months	19-23 months	4-6 years	11-12 years	13-18 years	19-64 years	65+ years	
Hepatitis B	✓	✓				✓									
Rotavirus (RV)			✓ 2-dose or 3-dose series												
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓					
Tetanus, diphtheria, pertussis (Td/Tdap)										✓ Tdap			✓ Td booster every 10 years		
Haemophilus influenzae type b (Hib)		✓ 3-4 doses between 2 months to 15 months with 1st dose at 2 months, last dose at 12-15 months													
Pneumococcal conjugate (PCV)		✓	✓	✓			✓								
Inactivated polio virus (IPV)		✓	✓			✓				✓					
Influenza (flu)					Suggested each year from 6 months to 65+ years of age; recommended for children between 6 months and 8 years						2 doses at least 4 weeks apart are who are getting vaccine for the first time.				
Measles, mumps, rubella (MMR)							✓			✓					
Varicella (chicken pox)							✓			✓					
Hepatitis A							✓ 2-dose series between 12-23 months								
Human papillomavirus (HPV)										✓ 2-dose series					
Meningococcal										✓	✓	At age 16 MenB-FHbp: 16-23			
Pneumococcal 13-valent conjugate (PCV13)													✓ Suggested for certain individuals at risk		
Pneumococcal polysaccharide (PPSV23)													✓ Suggested for certain individuals at risk		
Zoster (HZ/su)													✓ 2-dose series for ages 50+		

*For more information on the updated recommendations, see Centers for Disease Control website: *Use of a 2-Dose Schedule for Human Papillomavirus Vaccination – Updated Recommendations of the Advisory Committee on Immunization Practices*, (December 16, 2016): cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm.

Hepatitis B – The first dose should be administered within 24 hours of birth to address births outside of the hospital. You may get an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose.

Rotavirus (RV) – Get two-dose or three-dose series (depends on brand of vaccine used).

Tdap (teens) – If you are 13 to 18 years of age and have not had this vaccine before, talk to your doctor about a catch-up vaccine.

Tdap (adults) – If you are 19 years of age or older and have not gotten a dose of Tdap before, you should get a single dose.

Haemophilus influenzae type b (Hib) – Get three-dose or four-dose series (depends on brand of vaccine used).

Pneumococcal conjugate (PCV) – Children age 14 months through 59 months who have received an age-appropriate series of 7-valent PCV (PCV7) get a single supplemental dose of 13-valent PCV (PCV13).

Influenza (flu) – Refer to flu.gov or cdc.gov to learn more about this vaccine. (Note: Children 6 months to 8 years of age having the vaccine for the first time should have two doses separated by four weeks.)

Measles, mumps, rubella (MMR) and varicella (chicken pox) – Teens and adults should be up-to-date on their MMR vaccinations. Chicken pox vaccines are recommended for children who have not had chicken pox.

Human papillomavirus (HPV) – Eleven to 12-year-olds receive two doses of HPV vaccine at least six months apart. Teens and young adults who start the series later, at ages 15 through 26 years, will need three doses of HPV vaccine to protect against cancer-causing HPV infection. The vaccination series can start at age 9 years.

Meningococcal – When given to healthy adolescents who are not at increased risk for meningococcal disease, two doses of MenB-FHbp should be administered at 0 and 6 months. If the second dose is given at an interval of less than six months, a third dose should be given at least six months after the first dose. For persons at increased risk for meningococcal disease and for use during serogroup B outbreaks, three doses of MenB-FHbp should be administered at 0, 1-2, and 6 months.

Pneumococcal 13-valent conjugate (PCV13)/ Pneumococcal polysaccharide (PPSV23) – Adults 65 years and older and certain adults younger than 65 who are considered at risk are recommended to receive both a PCV13 and PPSV23. Ask your doctor about the dosing recommendation that is right for you.

Zoster – Two doses of the Shingrix (HZ/su) vaccine, given 2 to 6 months apart, is recommended for adults 50 years and older, including individuals who previously received the Zostavax shingles vaccine.



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