



Preventive Care Guidelines

To help you maintain a healthy lifestyle, your plan provides many preventive health services for a \$0 copay when provided by an in-network/participating provider. For a list of these services, consult your Benefit Summary or Summary Plan Description (SPD).

Are you up to date on your preventive care?

To improve your chances for a healthy future, use this chart to remind yourself when you or your loved ones might be due for the most common exams and lab tests.

Key: Always High Risk Only Not Applicable

	AGE			
	19–39	40–49	50–64	65+
Periodic Visit				
Annual Well Visit				
Labs/Tests/Other Exams				
Lipid screening (<i>every 1–5 years, beginning at age 35</i>)				
Type 2 diabetes screening if blood pressure is greater than 135/80				
Testicular exam (<i>men only</i>)				
Prostate Cancer Screening (<i>ages 55–69, men only</i>) <ul style="list-style-type: none"> Men considering PSA screening should make a shared decision regarding the screening after discussing the benefits and risks with their physician. For those men that decide on the screening, the interval for screening should be 2 years or more. A digital rectal exam may be optional. 				
Cervical Cancer Screening (<i>ages 21–65, women only</i>) <ul style="list-style-type: none"> Pap Smear every 3 years for women between the ages of 21 and 65 Women ages 30 to 65 who want to lengthen the screening interval may combine a Pap smear and HPV testing every 5 years Women of any age following a hysterectomy with removal of the cervix who have no cancer or who have had a negative Pap test in the past should not be screened HPV screening is not recommended for women ages 21 to 29 				















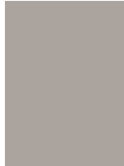














continued

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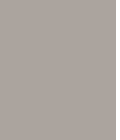
AGE

19–39 40–49 50–64 65+

Labs/Tests/Other Exams continued

Chlamydia screening <i>(25 years and younger if sexually active; older if at risk)</i>					
Breast Cancer Screening <i>(40 years of age and older, women only)</i> • Mammogram annually	Baseline 35-39				
Osteoporosis screening annually <i>(65 years of age and older, women only)</i>					
Colorectal cancer screening <i>(ages 50–75)</i> • Stool Test – FIT or gFOBT <i>(annually)</i> OR • Sigmoidoscopy <i>(every 5 years)</i> OR • Colonoscopy <i>(at age 50 then every 10 years until age 75)</i> • Double Contrast Barium Enema					
EKG screening					
Glaucoma screening					

Immunizations

Td booster <i>(every 10 years – substitute 1 dose Tdap for Td)</i>					
Influenza vaccine annually					
Pneumococcal vaccine <i>(1 time at 65 years of age or older)</i>					
Zoster vaccine <i>(single dose for those 60 years and older)</i>					
HPV vaccine • For all men up to the age of 22 who have not completed the vaccine series (3 doses) • For all women up to the age of 26 who have not completed the vaccine series (3 doses)					

When It's More Than Just a Preventive Visit

There may be other services performed or ordered by your physician while you are at your preventive care visit. These other services will be subject to any related member liability (i.e., copay, coinsurance, etc.) you may have based on your plan design. Please reference your Benefit Summary or SPD for more information.

This reference was created in accordance with Centers for Disease Control and Prevention (CDC), the Advisory Committee on Immunization Practices (ACIP), the U.S. Preventive Services Task Force (USPSTF) and the American Cancer Society (ACS).

*All New York State medical professionals are required to report to New York State Department of Health persons diagnosed with Tuberculosis, STDs, HIV, HIV-related illness and AIDS.